

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

MAY 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
MAY

FUNDED IN PART BY NYC DEPT. FOR THE AGING



From The Desk of

BOARD CHAIR

Dear CHSCC Community,

As we bid farewell to April and welcome the vibrant month of May, Central Harlem Senior Citizens Centers (CHSCC) is thrilled to embark on a new chapter filled with warmth, growth, and celebration. May brings with it a sense of renewal and abundance, offering us countless opportunities to come together, connect, and flourish as a community.

This month, we're excited to include additional activities that support our older adults:

Couponsing 101: Classes are held so you can learn how to maximize your spending in the supermarkets, travel, theatre and other opportunities to save.

Memoir writing: Would you like to join a writing group to journal your life experiences and possibly publish a short story with your peers.

The centers will continue to offer the existing activities located in our newsletter and website and plan to include even more.

At CHSCC, we're dedicated to creating a warm, welcoming, and inclusive environment where every member of our community feels valued, respected, and empowered to thrive. We invite you to join us this May as we come together to celebrate life, love, and the beauty of being part of the CHSCC family.

Warm regards,

In C.H.S.C.C. Spirit,
Cheryl Marius
Cheryl Marius

Board Chair

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.

MAY 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 May 21st 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.

MAY 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 May 22nd 11:30am-12:00pm	Nutrition Presentation	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.

MAY 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 & Dining Room</u>

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.**Mayo 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	Tejer	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	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 21 de mayo 12:00pm-1:30pm	Celebración de cumpleaños	Centro de Harlem	Kennedy	PRESENCIAL	Comedor
Martes 12:30pm-1:30pm	Permanezca bien Híbrido	Centro de Harlem	Myna	94497791386 PRESENCIAL	CHSCC Sala PT

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

Mayo 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 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 22 de mayo 11:30am-12:00pm	Presentación 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
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

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

Mayo 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>
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 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

Resumes Friday, May 31, 2024

Friday, April 5th & 19th

2:00 pm to 4:00 pm

• Jewelry Making Class

Resumes Friday, June 14, 2024

2:00 pm to 4:00 pm

• Game Night

Friday, May 10th & 31st

5:00 pm to 7:00 pm

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

Wednesday, May 1st, 12:30 pm to 1:30 pm

• NYPD 32nd Precinct -SCAM

Tuesday, May 7th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Mother's Day Celebration

Friday, May 10th, 12:00 pm to 2:00 pm

• Eastern Stars – Fan Giveaway

Friday, May 10th, 12:30 pm to 1:30 pm

• Oak Street – Manicure

• Friday, May 10th, 1:30 pm to 2:30 pm

• Elder Abuse Presentation - Carter Burden

Monday, May 13th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Ohel's Older Adults Services – Loneliness Presentation**

Wednesday, May 15th, 12:30 pm to 1:30 pm

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

Thursday, May 16th, 12:30 pm to 1:30 pm

- **Birthday Celebration /**

National Older Americans Month Celebration

Tuesday, May 21st, 12:00 pm to 1:30 pm

- **Virtual Nutrition Presentation**

Wednesday, May 22nd, 11:30 am to 12:00 pm

Meeting ID: 853 8855 1219

Passcode: chscc

- **Memorial Day - Closed**

Monday, May 27th

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

KENNEDY



• Pintar y sorber

Se reanuda el viernes 31 de mayo de 2024

Viernes, 5 y 19 de abril

De 14:00 a 16:00 horas

• Clase de Joyería

Se reanuda el viernes 14 de junio de 2024

De 14:00 a 16:00 horas

• Noche de juegos

Viernes, 10 y 31 de mayo

De 17:00 a 19:00 horas

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

Miércoles 1 de mayo, de 12:30 a 13:30 horas

**• Precinto 32 del Departamento de Policía de Nueva York
(NYPD, por sus siglas en inglés)**

Martes, 7 de mayo, 12:30 pm a 1:30 pm

KENNEDY



• Viaje a Walmart

Miércoles 8 de mayo, de 21:30 a 14:00 horas

• Celebración del Día de la Madre

Viernes 10 de mayo, de 12:00 a 14:00 horas

• Estrellas del Este – Sorteo de Fans

Viernes 10 de mayo, de 12:30 a 13:30 horas

• Oak Street – Manicura

• Viernes, 10 de mayo, 1:30 pm a 2:30 pm

• Presentación de Abuso de Ancianos - Carter Burden

Lunes, 13 de mayo, 12:30 pm a 1:30 pm

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

KENNEDY



- **Servicios para Adultos Mayores de Ohel –
Presentación de la Soledad**

Miércoles 15 de mayo, de 12:30 a 13:30 horas

- **Columbia Presbyterian – Salud auditiva y cerebral
Jueves 16 de mayo, de 12:30 a 13:30 horas**

- **Celebración de cumpleaños /
Celebración del Mes Nacional de los Estadounidenses
Mayores**

Martes, 21 de mayo, 12:00 pm a 1:30 pm

- **Presentación Virtual de Nutrición
Miércoles 22 de mayo, de 11:30 a 12:00 horas
ID de reunión: 853 8855 1219 Código de acceso: chscc**

- **Día de los Caídos - Cerrado
Lunes, 27 de mayo**

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



NYPD

New York City Police Department

32PCT CRIME PREVENTION



Tuesday, May 7th

12:30 pm – 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Friday, May 10, 2024

12:00 PM-2:00 PM

Location: Kennedy Center Dining Room

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Manicures



Friday, May 10th

1:30 am to 2:30 pm

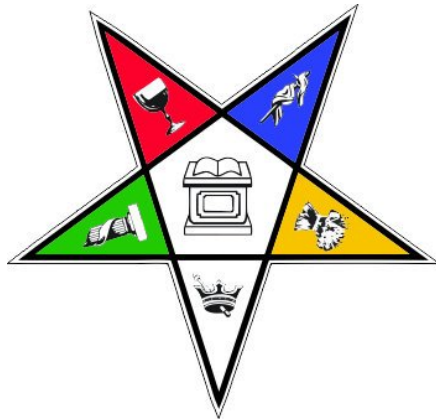
Arts and Crafts Room

Spaces are limited

Please sign up at the front desk

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Eastern Stars



Fan Giveaway



Friday, May 10th

12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Monday, May 27, 2024

CLOSED

**The office will resume regular
business hours**

Tuesday, May 28, 2024 9:00 am

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

WAL★MART®



Wednesday, June 5, 2024

Fee: \$20.00

***No Refunds**

***Fee includes round-trip transportation**

Departing from Kennedy Center

34 West 134th Street

9:30 am

Leaving Walmart at

2:00 pm

***Payment due by Friday, May 24, 2024**

Please sign up in the office:

Marna Little

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

**CENTRAL HARLEM SENIOR
CITIZENS CENTERS PRESENTS**

COUPONING 101



**Every 3rd & 4th Thursday of the
Month (1:30 - 3:30pm)**



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

Please sign up at the front desk

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Wednesday, June 19, 2024

Showtime 2:00 pm

Mezzanine 3 Seats-Fee: \$99

Mezzanine 4 Seats-Fee: \$79

Marquis Theatre

210 W 46th Street, NY, NY 10036

Money is due by Friday, May 17, 2024

***\$20 due as soon as possible. Tickets go fast!!**

***Final payment of \$79/\$50 due Friday, May 17, 2024**

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

Please sign up in the office with:

Marna Little

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.

MAY 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	<u>St. Nicholas</u>	<u>Laquawn</u>	<u>94147034525</u> <u>IN PERSON</u>	<u>chsc</u> <u>Poolroom</u>
MONDAY @ 11-4PM EVERY WEEK	ACES Entitlement Benefits Counsel	<u>St. Nicholas</u>	<u>Ms. Wanda</u>	<u>IN PERSON</u>	<u>Computer Room</u>
MONDAY @1PM 3/4/24	Elder Abuse	<u>St. Nicholas</u>	<u>Carter Burden Network</u>	<u>IN – PERSON</u>	<u>Meeting Room</u>
MONDAY @ 1PM 3/11/24	Self-Facial	<u>St. Nicholas</u>	<u>Ali Zidar</u>	<u>IN – PERSON</u>	<u>Meeting Room</u>
MONDAY 12:30PM-1:15PM	Senior Boot Camp Hybrid	<u>St. Nicholas</u>	<u>Tommy</u>	<u>95529741467</u> <u>IN PERSON</u>	<u>chsc</u> <u>Poolroom</u>
MONDAY 1:30PM-2:30PM	Arts & Crafts	<u>St. Nicholas</u>	<u>Ms. Patricia</u>	<u>IN PERSON</u>	<u>Dining Room</u>
MONDAY 2:00PM-4:00PM	Bingo	<u>St. Nicholas</u>	<u>Ms. Daisy</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
TUESDAY 11:00AM-12:00PM	Meditation Hybrid	<u>St. Nicholas</u>	<u>Myna</u>	<u>99753963309</u>	<u>chsc</u>
TUESDAY 11:30AM-12:00PM	Discussion Group	<u>St. Nicholas</u>	<u>Lashonda</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
TUESDAY 3/19/24 12:00PM-1:30PM	Birthday Celebration	<u>St. Nicholas</u>	<u>St. Nicholas</u>	<u>IN PERSON</u>	<u>Dining Room</u>
TUESDAY 12:30PM-1:15PM	Fitness Hybrid	<u>St. Nicholas</u>	<u>Tommy</u>	<u>97124229071</u> <u>IN PERSON</u>	<u>chsc</u> <u>Meeting Room</u>
TUESDAY 3/26/24 @ 1PM	Nutritional Workshop Hybrid	<u>St. Nicholas</u>	<u>Tamar</u>	<u>838 9098 4113</u> <u>IN PERSON</u>	<u>chsc</u> <u>Meeting Room</u>
TUESDAY 2:00PM-4:00PM	Bingo	<u>St. Nicholas</u>	<u>Ms. Daisy</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
WEDNESDAY 10:00AM-3:00PM	Triangle Brigde	<u>St. Nicholas</u>	<u>Ms. Gwen</u>	<u>IN PERSON</u>	<u>Meeting Room</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

MAY 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 @ 11AM -1PM 3/13/24	Blood Pressure Screen	<u>St. Nicholas</u>	<u>CBN</u>	<u>IN – PERSON</u>	<u>Meeting Room</u>
WEDNESDAY 3/13/24 @1PM	Salsa Dance Class	<u>St. Nicholas</u>	<u>VNS</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
WEDNESDAY @1PM 3/27/24	Self Defense Class	<u>St. Nicholas</u>	<u>VNS</u>	<u>INPERSON</u>	<u>Meeting Room</u>
WEDNESDAY 3/27/4@ 1PM	Alzheimer's Screening	<u>St. Nichols</u>	<u>NYU Langone</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
WEDNESDAY 3/2/24 @1PM – 2PM	Women's History Month Celebration	<u>St. Nicholas</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
WEDNESDAY 2PM – 4PM	Bingo	<u>St. Nicholas</u>	<u>Ms. Daisy</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
THURSDAY 10AM – 12PM	Computer Class	<u>St. Nicholas</u>	<u>Laquawn</u>	<u>IN PERSON</u>	<u>Pool Room</u>
THURSDAY 1PM – 4PM	Bridge	<u>St. Nicholas</u>	<u>Ms. Cynthia</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
THURSDAY 2:00PM-4:00PM	Pokeno	<u>St. Nicholas</u>	<u>Ms. Khadijah</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
THURSDAY 2:30PM-4:00PM	Line Dancing Hybrid	<u>St. Nicholas</u>	<u>LaVern</u>	<u>99142016385 IN PERSON</u>	<u>Chscc Pool Room</u>
FRIDAY 3/1/24 @10AM – 12PM	Swim Team Meeting	<u>St. Nicholas</u>	<u>Mr. Le Roy</u>	<u>IN PERSON</u>	<u>Dining Room</u>
FRIDAY 3/8/24 @ 1PM	Senior Scam Prevention	<u>St. Nicholas</u>	<u>NYPD</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
FRIDAY 1:30PM -2:00PM	Discussion Group	<u>St. Nicholas</u>	<u>Lashonda</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
FRIDAY 2:00PM-4:00PM	Bingo	<u>St. Nicholas</u>	<u>Ms. Daisy</u>	<u>IN PERSON</u>	<u>Meeting Room</u>

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

Marzo 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 CADA SEMANA	Asesor de Beneficios de Derechos de ACES	San Nicolás	Sra. Wanda	EN PERSONA	Sala de Informática
LUNES @1PM 3/4/24	Abuso de ancianos	San Nicolás	Red Carter Burden	EN PERSONA	Sala de Reuniones
LUNES @ 1PM 3/11/24	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 5/6/24 @ 1PM	Presentación de seguros LLife en Nueva York	San Nicolas	Sr. Amadoo	EN PERSONA	Sala de Reuniones
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 3/19/24 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 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.**Marzo 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 @ 11AM -1PM 3/13/24	Examen de presión arterial	San Nicolás	CBN	EN PERSONA	Sala de Reuniones
MIÉRCOLES 13/03/24 @1PM	Clase de Baile de Salsa	San Nicolás	VNS	EN PERSONA	Sala de Reuniones
MIÉRCOLES @1PM 3/2724	Clase de Defensa Personal	San Nicolás	VNS	EN PERSONA	Sala de Reuniones
MIÉRCOLES 3/27/4@ 1PM	Pruebas de detección de la enfermedad de Alzheimer	San Nicolás	Langone de la Universidad de Nueva York	EN PERSONA	Sala de Reuniones
MIÉRCOLES 3/2/24 @1PM – 2PM	Celebración del Mes de la Historia de la Muje	San Nicolas	CHSCC	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 3/1/24 @10AM – 12PM	Reunión del equipo de natación	San Nicolás	Sr. Le Roy	EN PERSONA	Comedor
VIERNES 3/8/24 @ 1PM	Prevención de estafas para personas mayores	San Nicolás	Departamento de Policía de Nueva York	EN PERSONA	Sala de Reuniones
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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

ST. Nicholas Houses OAC

DJ

PRESENTS
OUR 6TH

FOOD

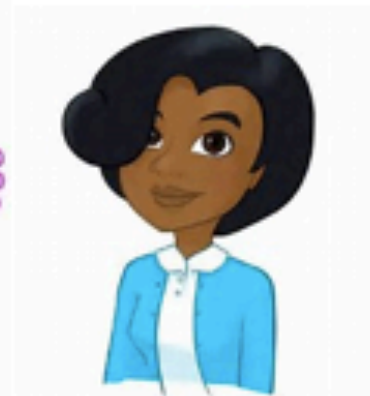
MOTHER'S DAY EXTRAVAGANZA

WHERE:

ST. NICHOLAS
HOUSES
210 WEST 131ST
(ON 7TH AVENUE)

WHEN:

FRIDAY
MAY 10, 2024
FROM 1:30p TO 4:30p



HEALTH PRESENTATION

FOR MORE DETAILS,
PLEASE CONTACT
MONICA WARRELL
SITE DIRECTOR
@
646-678-4451

HEALTH
INFORMATION



AND MORE....

Jonathan Sanchez
Outreach Representative
Community Outreach
Health Plans

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

Casas en San Nicolás

DJ

PRESENTA
NUESTRO 5º

VÍVERES

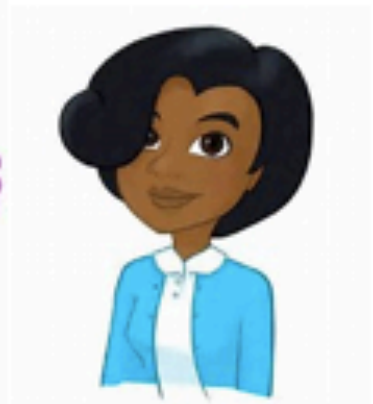
DÍA DE LA MADRE EXTRAVAGANCIA

DÓNDE:

CASAS EN SAN
NICOLÁS
210 WEST 131ST
(EN 7TH AVENUE)

CUANDO:

VIERNES
MAYO 10, 2024
DE 14H A 17H



INFORMACIÓN
DE SALUD



PARA MÁS DETALLES,
PÓNGASE EN
CONTACTO CON
MONICA WARRELL

DIRECCIÓN DEL SITIO

@

646-678-4451

Jonathan Sánchez
Representante de
Alcance ~~Alcance~~
Comunitario Planes
de salud

Central Harlem Senior Citizens' Centers Inc.



**COME JOIN US FOR A BELLY DANCE
LESSON**



WHERE: 210 WEST 131ST STREET
WHEN: WEDNESDAY, MAY 15, 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.



**ÚNASE A NOSOTROS PARA UNA LECCIÓN
DE DANZA DEL VIENTRE**



DONDE: 210 WEST 131ST STREET

CUANDO: MIÉRCOLES, 15 DE MAYO DE 2024

LAS: 1PM-2PM

HABRA PEQUENOS REGALITOS Y MAS

PATROCINADO POR:

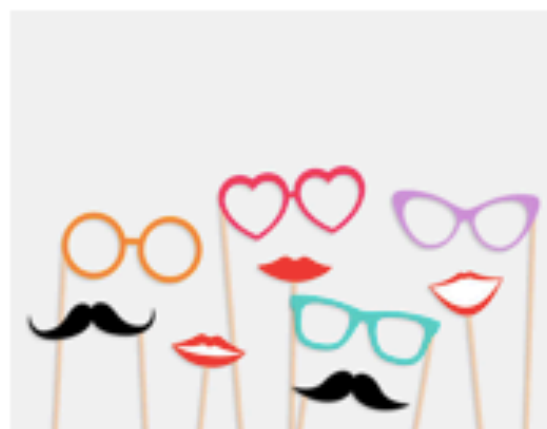


FINANCIADO EN PARTE POR NYC AGING

Central Harlem Senior Citizens' Centers Inc.



COME JOIN US FOR A PHOTO SHOOT



WHERE: 210 WEST 131ST STREET

WHEN: WEDNESDAY, MAY 29, 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.



ÚNETE A NOSOTROS PARA UNA SESIÓN DE FOTOS



DONDE: 210 WEST 131ST STREET
CUANDO: MIÉRCOLES, 29 DE MAYO DE 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**

&

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

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

[Funded in Part by NYC Aging](#)

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

MAY 2024 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER- MAY 2024 SPECIAL EVENTS & ACTIVITIES

<u>Day/Time</u> <u>May</u>	<u>Activity</u> <u>2024</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
<u>May 1st.</u> <u>11:15 (I)</u>	<u>TRIVIA WITH ALICIA</u>	<u>Beatrice</u>	<u>Alicia</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>May 2nd.</u> <u>1:45pm (I)</u>	<u>Couponing 101</u>	<u>Beatrice</u>	<u>Mary Pannell</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 3rd.</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>May 3rd.</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>May 3rd.</u> <u>2:30pm(I)</u>	<u>Chair Pilates</u>	<u>Beatrice</u>	<u>Taylor</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 6th.</u> <u>11-1pm(I)</u>	<u>Nail Care Spa Day</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Conference Room</u>
<u>May 6th.</u> <u>1pm(I)</u>	<u>Sleep Disparities</u>	<u>Beatrice</u>	<u>NYU</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 7th.</u> <u>2:30 (I)</u>	<u>Cheese & Wine Tasting</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 8th</u> <u>11am</u>	<u>Advisory Council Meeting</u>	<u>Beatrice</u>	<u>Members Only</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>May 8th.</u> <u>11am (I)</u>	<u>Mother's Day Karaoke</u>	<u>Beatrice</u>	<u>NYPD</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 9th.</u> <u>1:45pm(I)</u>	<u>Couponing 101</u>	<u>Beatrice</u>	<u>Mary Pannell</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 10th.</u> <u>11:15am</u>	<u>Medicine Safety Fall Prevention</u>	<u>Beatrice</u>	<u>NYC Poison Control</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 13th.</u> <u>11-1pm (I)</u>	<u>Picture Day "Dress to impress"</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>May 13th.</u> <u>11:15am(I)</u>	<u>Poetry in Motion</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 14th..</u> <u>2pm(I)</u>	<u>Let's Talk Sports</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>"Wiz"</u>	<u>Dining Room</u>
<u>May 15th.</u> <u>1pm</u>	<u>General Membership Meeting</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>CHSCC</u>	<u>Dining Room</u>
<u>May 16th.</u> <u>2:30(I)</u>	<u>Word Search Contest</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 17th.</u> <u>1pm(H)</u>	<u>Sing for your seniors</u>	<u>Beatrice</u>	<u>SFYS</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 17th.</u> <u>4-7pm (I)</u>	<u>Friends & Family Game Night</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>May 20th.</u> <u>11:15 (I)</u>	<u>Bay Plaza Shopping Center</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>DAY EXCURSION</u>	<u>Bronx, NY</u>
<u>May 20th.</u> <u>11-1pm</u>	<u>Nail Care Spa Day</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

MAY 2024 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

<u>Día/Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
May 20 th . 2:30pm	<u>Nutrition Workshop</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>HYBRID</u>	<u>Dining Room</u>
May 21 st . 2:30pm	<u>Healthy Dish with the Chef</u>	<u>Beatrice</u>	<u>T. Murray</u>	<u>IN PERSON</u>	<u>Dining Room</u>
May 23 rd . 10:30am	<u>Walmart</u>	<u>Beatrice</u>	<u>Janice</u>	<u>DAY TRIP</u>	<u>Secaucus, NJ</u>
May 24 th . 11:15	<u>Osteoporosis Presentation</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
May 28 th 2:30	<u>Hot Topics</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</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>Mondays</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>11am</u>	<u>Jewelry Making 5/7 & 5/21</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>IN PERSON</u>	<u>Arts & Craft Room</u>
<u>Tuesdays</u> <u>1-3pm</u>	<u>How to Use Your Devices</u>	<u>Beatrice</u>	<u>LaQuawn</u>	<u>IN PERSON</u>	<u>Computer 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>11-1pm</u>	<u>How to Use Your Devices</u>	<u>Beatrice</u>	<u>LaQuawn</u>	<u>IN PERSON</u>	<u>Computer</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- MAYO DE 2024

CENTRO DE ADULTOS MAYORES BEATRICE LEWIS DE CHSCC- EVENTOS DE MAYO DE 2024 & ACTIVITIES					
<u>Día /Hora</u> <u>Mayo</u>	<u>Actividad</u> <u>2024</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
<u>Mayo 1st</u> <u>11:15 (I)</u>	<u>CURIOSIDADES CON</u> <u>ALICIA</u>	<u>Beatrice</u>	<u>Alicia</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Mayo 2nd</u> <u>1:45pm (I)</u>	<u>Cupones 101</u>	<u>Beatrice</u>	<u>Mary Pannell</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Mayo 3rd</u> <u>10-12(I)</u>	<u>Comida para fans</u>	<u>Beatrice</u>	<u>Common</u> <u>Pantry</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Mayo 3rd</u> <u>10-12(I)</u>	<u>Venta de pasteles</u>	<u>Beatrice</u>	<u>Advisory</u> <u>Council</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Mayo 3rd</u> <u>2:30pm(I)</u>	<u>Silla Pilates</u>	<u>Beatrice</u>	<u>Taylor</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 6th</u> <u>11-1pm(I)</u>	<u>Cuidado de las uñas</u> <u>Día de Spa</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Mayo 6th</u> <u>1pm(I)</u>	<u>Disparidades en el</u> <u>sueño</u>	<u>Beatrice</u>	<u>NYU</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Mayo 7th</u> <u>2:30 (I)</u>	<u>Queso y Vino</u> <u>Degustación</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Mayo 8th</u> <u>11am (I)</u>	<u>Karaoke del Día de la</u> <u>Madre</u>	<u>Beatrice</u>	<u>NYPD</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 9th</u> <u>1:45pm(I)</u>	<u>Cupones 101</u>	<u>Beatrice</u>	<u>Mary Pannell</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 10th</u> <u>11:15am</u>	<u>Medicina Seguridad</u> <u>Prevención de Caídas</u>	<u>Beatrice</u>	<u>NYC Poison</u> <u>Control</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 13th</u> <u>11-1pm (I)</u>	<u>Día de la Foto</u> <u>Vistete para impresionar</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Mayo 13th</u> <u>11:15am(I)</u>	<u>Poesía en movimiento</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 14th</u> <u>2pm(I)</u>	<u>Hablemos de deportes</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>"Wiz"</u>	<u>Dining Room</u>
<u>Mayo 16th</u> <u>2:30(I)</u>	<u>Concurso de Sopa de</u> <u>Letras</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 17th</u> <u>1pm(H)</u>	<u>Canta para tus adultos</u> <u>mayores</u>	<u>Beatrice</u>	<u>SFYS</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 17th</u> <u>4-7pm (I)</u>	<u>Amigos y familiares</u> <u>Noche de juegos</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 20th</u> <u>11:15 (I)</u>	<u>Centro Comercial Bay</u> <u>Plaza</u>	<u>Beatrice</u>	<u>Janice</u>	<u>DAY</u> <u>EXCURSION</u>	<u>Bronx, NY</u>
<u>Mayo 20th</u> <u>11-1pm</u>	<u>Cuidado de las uñas</u> <u>Día de Spa</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mayo 20th</u> <u>2:30pm</u>	<u>Taller de Nutrición</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>HYBRID</u>	<u>Dining Room</u>

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER

Eventos y Actividades Especiales- MAYO DE 2024

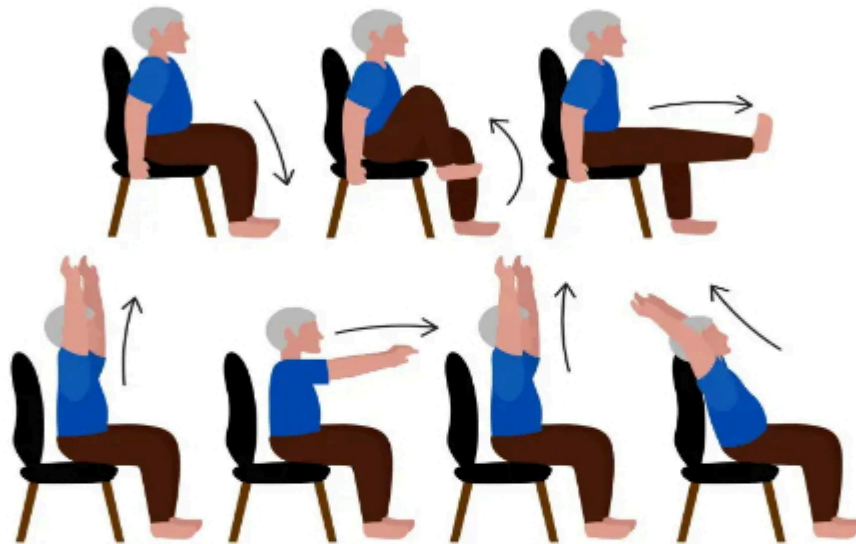
<u>Día /Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
<u>Mayo 21st .</u> <u>2:30pm</u>	<u>Plato saludable con el chef</u>	<u>Beatrice</u>	<u>T. Murray</u>	<u>EN PERSONA</u>	<u>Dining Room</u>
<u>Mayo 23rd.</u> <u>10:30am</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>Janice</u>	<u>EXCURSIÓN DE UN DÍA</u>	<u>CHSCC</u>
<u>Mayo 24th.</u> <u>11:15</u>	<u>Osteoporosis Presentación</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Mayo 28th</u> <u>2:30</u>	<u>Temas candentes</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</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>
<u>Lunes</u> <u>10-3pm</u>	<u>Hablemos Con Esty</u>	<u>Beatrice</u>	<u>Esty Ohell</u>	<u>EN PERSONA</u>	<u>Sala de presión arterial</u>
<u>Martes</u> <u>11am</u>	<u>Bailarina</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta / Salón de Baile</u>
<u>Martes</u> <u>11:15- (H)</u>	<u>Movimientos corporales</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Martes</u> <u>5/7 & 5/21</u>	<u>Jewelry Making</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Manualidades</u>
<u>Martes</u> <u>1-3pm</u>	<u>How to Use Your Devices</u>	<u>Beatrice</u>	<u>LaQuawn</u>	<u>EN PERSONA</u>	<u>Sala de Informática</u>
<u>Miércoles</u> <u>10:30.</u>	<u>Basket Making</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Manualidades</u>
<u>Miércoles</u> <u>2:30 (H)</u>	<u>Movimientos corporales</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Jueves</u> <u>11am</u>	<u>Bailarina</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta/ Salón de Baile</u>
<u>Jueves</u> <u>11:15</u>	<u>Estiramientos con Chris</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Jueves</u> <u>1-3pm</u>	<u>How to Use Your Devices</u>	<u>Beatrice</u>	<u>LaQuawn</u>	<u>EN PERSONA</u>	<u>Sala de Informática</u>
<u>Viernes</u> <u>11am(l)</u>	<u>Artes y Oficios</u>	<u>Beatrice</u>	<u>Ms. Black</u>	<u>765 648 3055</u>	<u>chsc</u>

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER

CHAIR FITNESS For Older Adult



CHAIR PILATES

FRIDAY MAY 3rd.

2:30PM

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2024

MAY

ACTIVITIES

MONDAYS

LETS TALK W/ ESTY- 10-3PM

TUESDAYS

JEWELRY MAKING-10:30

MAY 7th & MAY 21st.

DANCERCISE - 11am

BODY MOVEMENTS- 11:15

HOW TO USE YOUR DEVICES - 1-3pm

WEDNESDAYS

BASKET MAKING- 10:30

BODY MOVEMENTS- 2:30

THURSDAYS

DANCERCISE - 11am

STRETCHING WITH CHRIS 11:15

HOW TO USE YOUR DEVICES -

1-3pm

FRIDAYS

ARTS & CRAFTS - 11AM

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

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LEARNING

101

COUPONING

WHAT YOU WILL LEARN:

- * **BASIC COUPONING AND SAVINGS**
- * **TRAVELING AT REDUCED PRICES**
- * **HOW TO GET FOOD FROM RESTAURANTS**
- * **USED RECEIPTS FOR CASH BACK**
- * **REWARDS PROGRAMS AND MORE!**

COME JOIN US AND LEARN ABOUT COUPONING , HOW TO MAXIMIZE SAVINGS AND MORE! DOOR PRIZES WILL BE GIVEN AWAY EACH CLASS!!

**THURSDAY May 2nd. & May 9th.
1:45 PM**

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

SING FOR YOUR SENIORS



FRIDAY , MAY 17TH.
1PM

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



**LET'S TALK SPORTS
WITH "WIZ"**

**TUESDAY, MAY 14th.
2:30PM**

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



COMPUTER LITERACY " HOW TO USE YOUR DEVICES "

With:
LAQUAWN



TUESDAYS & THURSDAYS

1-3PM



**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 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**