

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JULY 2023

WEBSITE: CHSCC.ORG

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

CENTRAL HARLEM

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

ST. NICHOLAS HOUSES

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

BEATRICE LEWIS

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

LINCOLN SENIOR CENTER

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



FUNDED IN PART BY NYC DEPT. FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

Happy Birthday America! It is the nation's two-hundred-forty-seventh (247th) birthday...talk about being a little older, comparatively speaking! At any rate, we are not getting older, we are getting better, and as we move further into the summer season, you see more and more evidence of the relaxed pace of things, day to day.

Although some of our classes and activities are on summer hiatus, we still have core activities very much on and popping, and remaining so throughout the summer months: presentations on Elder Abuse, Healthy Brain Aging, Gout Prevention, Healthy Homes, and from the New York City Fire Department (FDNY); trips to Tanger Outlets in Atlantic City, City Island, and Wind Creek; music and movies revues; game nights, July birthday celebration, Karaoke night; and other activities including arts & crafts, exercise classes and computer lab, and of course, regular breakfast and lunch served everyday --- in any case, you definitely won't be bored without something to do, so check the website, chsc.org, and newsletter for updates!

On another note, the CHSCC Greenhouse project is nearing completion, and we expect that we will have you learning about and actually planting seeds, harvesting and discussing all kinds of related topics before the end of the month. Additionally, there will be lectures and other activities around healthy eating and nutrition, all stemming from this wonderful greenhouse growing project – something else exciting to look forward to this month.

One final thing to keep in mind: as summer continues, it means the inevitability of hot weather, so remember to take precautions not to get yourselves overheated and stay cool; pay attention to air quality alerts and follow authorized instructions to protect your lungs; and finally, don't forget to enjoy yourselves!

Remember, your CHSCC staff is here for you and we are always doing our best to ensure your health, safety and well-being – have fun!

A. Kevin Berry, MPA
Executive Director

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Offers

CASE MANAGEMENT ASSISTANCE

Janet Y. Williamson, LMSW
Social Worker

Supporting Services Provided for:

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

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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JULY 2023 Virtual & Hybrid Classes **CENTRAL HARLEM (KENNEDY)**

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
Monday – Friday 9:00am-4:40pm	Pool & Leisure Games	Central Harlem	Will	IN-PERSON	Pool Room & Game Room
Monday 10:00am-11:00am	Walk with Ease	Central Harlem	Myna	IN-PERSON	Outside
Monday 10:00am -1:00pm	Quilting	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Monday Summer Recess Resumes 9/12/23 2:00pm-3:00pm	Spanish	Central Harlem	Gerterlyn	95707623638 IN-PERSON	chscc TBA
Monday 2:00pm-4:00pm	Crochet	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Monday 2:10pm-4:40pm	Pokeno	Central Harlem	Sandra	IN-PERSON	Dining Room
Tuesday 10:00am -1:00pm	Quilting	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Tuesday Summer Recess Resumes 9/12/23 10:30am-1:30pm	Doll Making	Central Harlem	Betty	IN-PERSON	Arts & Craft Room
Tuesday June 25th 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	chscc PT Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JULY 2023 Virtual & Hybrid Classes **CENTRAL HARLEM (KENNEDY)**

<u>Day/Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
Tuesday Summer Recess Resumes 9/12/23 2:00pm-3:00pm	Movement Speaks Hybrid	Central Harlem	Naomi	82353296478 IN-PERSON	chsc PT Room
Tuesday 2:00pm-4:00pm	Crochet	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Tuesday 2:10pm-4:40pm	Bingo	Central Harlem	Stephanie	IN-PERSON	Dining Room
Wednesday 10:00am-11:00am	Using My Device Hybrid	Central Harlem	LaQuawn	92031960069 IN-PERSON	chsc Dining Room
Wednesday 11:00am-12:00pm	Bereavement Support	Central Harlem	Joyce	IN-PERSON	Dining Room
Wednesday 2:10pm-4:40pm	Pokeno	Central Harlem	Sandra	IN-PERSON	Dining Room
Thursday 10:30am-11:00am	Walk with Ease	Central Harlem	Myna	IN-PERSON	Outside
Thursday 11:30am-12:30pm	Tai Chi Hybrid	Central Harlem	Myna	94582403454 IN-PERSON	chsc Arts & Craft Room
Thursday 12:30pm-1:30pm	Meditation/Yoga Hybrid	Central Harlem	Myna	95753324942 IN-PERSON	chsc Arts & Craft Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JULY 2023 Virtual & Hybrid Classes

CENTRAL HARLEM (KENNEDY)

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
Thursday 2:10pm-4:40pm	Bingo	Central Harlem	Stephanie	IN-PERSON	Dining Room
Friday 10:00am-11:00am	Walk with Ease	Central Harlem	Myna	IN-PERSON	Outside
Friday 10:00am-11:00am	Using My Device Hybrid	Central Harlem	LaQuawn	92031960069 IN-PERSON	chsc Dining Room
Friday 12:00pm-1:00pm	Zumba Hybrid	Central Harlem	Myna	98851241201 IN-PERSON	chsc PT Room
Friday 1:00pm-3:00pm	Line Dancing Hybrid	Central Harlem	LaVern	94913692798 IN-PERSON	chsc PT Room
2nd & 4th Friday 5:00pm-7:00pm	Game Night	Central Harlem	Will	IN-PERSON	Pool Room & Dining Room

- **City Island Trip**

Friday, July 7th, 10:00 am to 2:00 pm

- **FDNY Fire Safety Education Presentation**

Tuesday, July 11th, 12:30 pm to 1:30 pm

- **Elder Abuse Presentation**

Wednesday, July 12th, 12:30 pm to 1:30 pm

- **GAME NIGHT**

Friday, July 14th & 28th, 5:30 pm to 7:00 pm

- **NYU Langone Health Presentation**

Tuesday, July 18th, 12:30 pm to 1:30 pm

- **Atlantic City Trip-Thursday, July 20th, 8:30 am to 5:30 pm**

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JULY 2023 HYBRID & VIRTUAL CLASSES

LINCOLN CENTER

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

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

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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

City Island



Friday, July 7, 2023

Fee: \$20.00

***No Refunds**

Departing from Kennedy Center

34 West 134th Street at 10:00 am

Departing from City Island at 2:00 pm

***Payment due by Monday, July 3, 2022**

Please sign up in the office:

Marna Little

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



- **City Island**
Friday, July 7th, 10:00 am to 2:00 pm

- **FDNY Fire Safety Education**
Tuesday, July 11th, 12:30 pm to 1:30 pm

- **Elder Abuse Presentation**
Wednesday, July 12th, 12:30 pm to 1:30 pm

- **Game Night**
Friday, July 14th & 28th, 5:00 pm to 7:00 pm

- **NYU Langone Health Presentation**
Tuesday, July 18th, 12:30 pm to 1:30 pm

- **Atlantic City Trip**
Thursday, July 20th, 8:30 am to 5:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JULY 2023 Virtual & Hybrid Classes

(ST. NICHOLAS)

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instruct or</u>	<u>Meeting ID</u>	<u>Passcode /Location</u>
MONDAY 10:00AM-11AM	Computer Class Hybrid	St. Nicholas	Laquawn	94147034525 IN PERSON	Chscc Poolroom
MONDAY 12:30PM-1:15PM	Senior Boot Camp Hybrid	St. Nicholas	Tommy	95529741467 IN PERSON	Chscc Poolroom
MONDAY 1:30PM-2:30PM	Arts & Crafts	St. Nicholas	Ms. Patricia	IN PERSON	Dining Room
MONDAY 2:00PM-4:00PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
TUESDAY 11:00AM-12:00PM	Meditation Hybrid	St. Nicholas	Myna	99753963309	Chscc
TUESDAY 11:30AM-12:00PM	Discussion Group	St. Nicholas	Lashonda	IN PERSON	BQB
TUESDAY TBA 12:00Pm-1:30PM	Birthday Celebration	St. Nicholas	St. Nicholas	IN PERSON	Dining Room
TUESDAY 12:30PM-1:15PM	Fitness Hybrid	St. Nicholas	Tommy	97124229071 IN PERSON	Chscc Meeting Room
TUESDAY 2:00PM-4:00PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
WEDNESDAY 10:00AM-3:00PM	Triangle Brigde	St. Nicholas	Ms. Gwen	IN PERSON	Meeting Room
WEDNESDAY 2PM – 4PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
THURSDAY 10:00AM-11AM	Computer Class Hybrid	St. Nicholas	Laquawn	94147034525 IN PERSON	Chscc Poolroom

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JULY 2023 Virtual & Hybrid Classes

(ST. NICHOLAS)

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode /Location</u>
<u>THURSDAY</u> <u>1PM – 3PM</u>	<u>Drama Class</u>	<u>St. Nicholas</u>	<u>Ms. LaVern</u>	<u>IN PERSON</u>	<u>Computer Room</u>
<u>THURSDAY</u> <u>2:00PM-4:00PM</u>	<u>Pokeno</u>	<u>St. Nicholas</u>	<u>Ms. Khadijah</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
<u>THURSDAY</u> <u>2:30PM-4:00PM</u>	<u>Line Dancing Hybrid</u>	<u>St. Nicholas</u>	<u>LaVern</u>	<u>99142016385</u> <u>IN PERSON</u>	<u>Chscc PoolRoom</u>
<u>FRIDAY 7/7/23 @</u> <u>1PM</u>	<u>Fire Safety Presentation</u>	<u>St. Nicholas</u>	<u>FDNY</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
<u>FRIDAY</u> <u>1:30PM -2:00PM</u>	<u>Discussion Group</u>	<u>St. Nicholas</u>	<u>Lashonda</u>	<u>IN PERSON</u>	<u>Meeting Room</u>
<u>FRIDAY</u> <u>2:00PM-4:00PM</u>	<u>Bingo</u>	<u>St. Nicholas</u>	<u>Ms. Daisy</u>	<u>IN PERSON</u>	<u>Meeting Room</u>

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



**FDNY
SAFTEY SMART
PRESENTS
“Fire Safety for Older Adults”**

**St. Nicholas
Friday, July 7, 2023
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.

JULY 2023 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>
Wed. July 5th 11am(I)	Poetry in Motion	Beatrice	Momma Dee	IN PERSON	Dining Room
Wed. July 5th 1pm(I)	Healthy Brain Aging & Sleep Awareness	Beatrice	Columbia University	IN PERSON	Dining Room
Fri. July 7th. 10-12pm(I)	Fan Food Distribution	Beatrice	Common Pantry	IN PERSON	Pantry
Fri. July 7th 10am(I)	TW Painting Arthritis (Summer Giveaways)	Beatrice	Home Solutions	IN PERSON	CHSCC
Mon- July 10th. 1pm(I)	Roundtable w/ Errol	Beatrice	Errol Knight LMSW	IN PERSON	Dining Room
Mon July 10th. 3pm(H)	Music Review	Beatrice	Alicia	765 648 3055	chsc
Thurs July 13th 10:30am	Walmart	Beatrice	Ms. Holt	Day Trip	New Jersey
Fri July 14th.. 1:pm(I)	Healthy Brain Aging	Beatrice	NYU	IN PERSON	Dining Room
Mon. July 17th. 1pm(H)	Gout Workshop	Beatrice	Ms. Nancy Simmons	765 648 3055	chsc
Tues July 18th. 10:30am	Golden Corral	Beatrice	Ms. Holt	DAY TRIP	Bronx, NY
Tues July 18th.. 1pm(I)	Healthy Homes Overview	Beatrice	CHSCC	IN PERSON	Dining Room
Thurs. July 20th.. 2:30pm(I)	Snack & Chat	Beatrice	CHSCC	IN PERSON	Dining Room..
Fri- July 21st. 11:15am(I)	Elder Abuse Workshop	Beatrice	CHSCC	IN PERSON	Dining Room
Mon July 24th. 2:15pm(H)	Nutrition Workshop	Beatrice	Ms. Tamar	765 648 3055	Dining Room
Fri July 28th. 1pm	Medicare/Medicaid Workshop	Beatrice	CHSCC	IN PERSON	Dining Room
Fri July 28th. 4:30-7:30	Karaoke/ Game Night	Beatrice	CHSCC	IN PERSON	CHSCC

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

JULY 2023 Virtual & Hybrid Classes BEATRICE LEWIS

Weekly Recurring events Mon – Fri

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

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2023 ACTIVITIES

MONDAYS

MENTAL HEALTH

ERROL KNIGHT - 9-5pm
S.A.I.L w/Chris @ 11:15

TUESDAYS

BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30
7/11&7/25

WEDNESDAYS

ERROL KNIGHT- 9-5PM
BASKET MAKING- 10:30
BODY MOVEMENTS- 2:30

THURSDAYS

ERROL KNIGHT - 9-5PM
S.A.I.L w/ Chris 1PM
MOVIE REVIEW - 7/13 & 7/27

FRIDAYS

ARTS & CRAFTS - 11AM

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

Made with PosterMyWall.com


CHSCC- Beatrice Lewis Older Adults Center

**Healthy Brain
Aging & Sleep
Awareness Series**

**Presented by Columbia
University**



Wed. July 5th. @ 1pm



CHSCC- Beatrice Lewis Older Adults Center

Snack & Chat

Hope to see you there

Thurs. July 20th.

2:30pm

Light Snacks will be served

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

USING MY DEVICE

IN-PERSON & ZOOM

NEW TIME!

BRING YOUR TABLETS AND LAPTOPS

Beginner and Intermediate Instruction

KENNEDY:

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

Meeting ID:
92031960069
Passcode: chscc

ST. NICHOLAS

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

Meeting ID:
94147034525
Passcode: chscc

LINCOLN:

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

Meeting ID:
94602064756
Passcode: chscc



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

CHSCC.ORG/GAMES
or
SCAN HERE TO PLAY



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

LIST OF HOLIDAYS 2023

DAYS CENTERS ARE CLOSED

TUESDAY, JULY 4TH – INDEPENDENCE DAY

MONDAY, SEPTEMBER 4TH – LABOR DAY

MONDAY, OCTOBER 9TH – COLUMBUS DAY

FRIDAY, NOVEMBER 10TH – VETERANS DAY (OBSERVED)

THURSDAY, NOVEMBER 23RD -THANKSGIVING DAY

FRIDAY, NOVEMBER 24TH - DAY AFTER THANKSGIVING

MONDAY, DECEMBER 25TH – CHRISTMAS DAY

TUESDAY, DECEMBER 26TH – DAY AFTER CHRISTMAS

Hours of operation

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

You must be 60yrs or older to join

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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

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

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

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