

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 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**

HELLO

September

FUNDED IN PART BY NYC DEPT. FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

A MESSAGE FROM THE EXECUTIVE DIRECTOR

As the vibrant hues of autumn begin to paint the world around us, I extend a warm and heartfelt greeting to each member of our cherished older adult community. The arrival of September brings with it a sense of renewal, signaling the waning days of summer while heralding the onset of the coming season change.

The spirit of camaraderie and togetherness that defines our community has once again shone brightly throughout August. From the various shopping trips and other excursions to the laughter that fills our game nights, to the routine informative presentations provided, it is truly heartwarming to witness the bonds of friendship that continue to flourish amongst us.

As we step into September, our calendar is brimming with exciting events and activities that cater to the diverse range of interests you've expressed. Whether you're an art and crafts enthusiast, a gardening aficionado, or someone who finds solace in yoga and meditation, there is something for everyone to look forward to. I encourage you all to explore these opportunities, as they not only provide avenues for personal growth but also deepen the connections that make our community vibrant and exceptional.

September also provides us with an opportunity to reflect on the wisdom that comes with age and experience. In celebration of such noteworthy observances as National Senior Center Month, Hispanic Heritage Month, etc., our centers will be hosting special gatherings where our members can socialize and share their life stories and the invaluable lessons they've learned along the way. Your experiences serve as a wellspring of inspiration for all generations, and I invite you to participate with the knowledge that your words hold the power to shape minds and hearts.

As we embrace the beauty of September's splendor, let us do so with open hearts and a shared commitment to fostering an environment of respect, compassion, and mutual support. Your presence contributes to the tapestry of our community, and I am deeply grateful for the joy and wisdom each one of you brings.

And, one more thing before I forget: Central Harlem Senior Citizens' Centers, Inc. (CHSCC) is celebrating its 50th Anniversary this year! Yes, it has been half a century since our inception in 1973, when local community leaders, activists and advocates came together to create a means to bring much needed services and programming to Central Harlem older adults. To that end, we are hosting a 50th Anniversary Gala on Friday, October 6, 2023, at the Grand Slam Banquet Hall, 3534 Broadway (between 144th & 145th Streets), 6PM to 10PM. Please go to our website, CHSCC.org, for all details, including information on ticket sales, sponsorship information, journal ads, etc. Come help us celebrate!

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.

SEPTEMBER 2023 Virtual & Hybrid Classes CENTRAL HARLEM (KENNEDY)

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
Monday – Friday 9:00am-4:40pm	Pool & Leisure Games	Central Harlem	Will	IN-PERSON	Pool Room & Game Room
Monday 10:00am -1:00pm	Quilting	Central Harlem	Jackie	IN-PERSON	Arts & Craft Room
Monday Resumes 9/12/23 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 Resumes 9/12/23 10:30am-1:30pm	Doll Making	Central Harlem	Betty	IN-PERSON	Arts & Craft Room
Tuesday September 26th 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 Resumes 9/12/23 2:00pm-3:00pm	Movement Speaks Hybrid	Central Harlem	Naomi	82353296478 IN-PERSON	chsc PT Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 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 2:10pm-4:40pm	Bingo	Central Harlem	Stephanie	IN-PERSON	Dining Room
Wednesday 10:00am-12:00pm	Using My Device Advance Hybrid	Central Harlem	LaQuawn	92031960069 IN-PERSON	chsc Dining Room
Wednesday 11:00am-12:00pm	Bereavement Support	Central Harlem	Joyce	IN-PERSON	Dining Room
Wednesday 2:10pm-4:40pm	Pokeno	Central Harlem	Sandra	IN-PERSON	Dining Room
Thursday 11:30am-12:30pm	Tai Chi Hybrid	Central Harlem	Myna	94582403454 IN-PERSON	chsc Arts & Craft Room
Thursday 12:30pm-1:30pm	Meditation/Yoga Hybrid	Central Harlem	Myna	95753324942 IN-PERSON	chsc Arts & Craft Room
Thursday 2:10pm-4:40pm	Bingo	Central Harlem	Stephanie	IN-PERSON	Dining Room
3rd Friday 10:00am-11:00am	Book Club	Central Harlem	Hilda	IN-PERSON	Arts & Craft Room
Friday 10:00am-12:00pm	Using My Device Hybrid	Central Harlem	LaQuawn	92031960069 IN-PERSON	chsc Dining Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 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>
Friday 12:00pm-1:00pm	Zumba Hybrid	Central Harlem	Myna	98851241201 IN-PERSON	chsc PT Room
Friday Resumes 9/8/23 1:00pm-3:00pm	Line Dancing Hybrid	Central Harlem	LaVern	94913692798 IN-PERSON	chsc PT Room
Sept. 29th Friday 2:00pm-3:30pm	Paint & Sip	Central Harlem	Patricia	IN-PERSON	Dining Room
2nd & 4th Friday 5:00pm-7:00pm	Game Night	Central Harlem	Will	IN-PERSON	Pool Room & Dining Room

- **Paint & Sip (New Class)**-Friday, September 29th, 2:00 pm to 4:00 pm
- **Game Night**-Friday, September 8th & 22nd, 5:00 pm to 7:00 pm
- **Oak Street Presentation**-Tuesday, September 12th, 12:30 pm to 1:30 pm
- **CHSCC 50th Birthday Celebration**-Friday, September 15th, 2:00 pm to 5:00 pm
- **Harlem Advocate for Seniors Presentation**-Tuesday, Sept. 19th, 12:30 pm to 1:30 pm
- **Hudson Valley Trip**-Thursday, September 21st, 8:30 am to 5:30 pm
- **Birthday Celebration**-Tuesday, September 26th, 12:00 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 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>
<u>Monday</u> <u>11:00am-</u> <u>12:00pm</u>	<u>Bereavement</u> <u>Support</u>	<u>Lincoln</u>	<u>Joyce</u>	<u>85889853397</u>	<u>chsc</u>
<u>Tuesday</u> <u>10:00am -</u> <u>11:00am</u>	<u>Arts & Crafts</u>	<u>Lincoln</u>	<u>Patricia</u>	<u>83212294871</u>	<u>chsc</u>
<u>Wednesday</u> <u>11:00am-</u> <u>12:00pm</u>	<u>Using My</u> <u>Device</u>	<u>Lincoln</u>	<u>LaQuawn</u>	<u>94602064756</u>	<u>chsc</u>
<u>Wednesday</u> <u>12:30pm-</u> <u>1:30pm</u>	<u>Staywell</u>	<u>Lincoln</u>	<u>Myna</u>	<u>95303702191</u>	<u>chsc</u>
<u>Thursday</u> <u>11:00am-</u> <u>12:00pm</u>	<u>Using My</u> <u>Device</u> <u>Hybrid</u>	<u>Lincoln</u>	<u>LaQuawn</u>	<u>94602064756</u> <u>Kennedy</u>	<u>chsc</u>
<u>Thursday</u> <u>11:00am-</u> <u>12:00pm</u>	<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' Center Inc.
is turning

50

Join us in celebrating CHSCC

Friday

SEPTEMBER 15, 2023

2:00 PM TO 5:00 PM

Auditorium

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

New Class Alert!!!



Friday, September 29th

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

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Every 2nd & 4th Friday

September 8th & 22nd

5:00 pm - 7:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 2023 Virtual & Hybrid Classes

(ST. NICHOLAS)

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode /Location</u>
MONDAY 10:00AM-11AM	Computer Class Hybrid	St. Nicholas	Laquawn	94147034525 IN PERSON	Chscc Poolroom
MONDAY 12:30PM-1:15PM	Senior Boot Camp Hybrid	St. Nicholas	Tommy	95529741467 IN PERSON	Chscc Poolroom
MONDAY 9/18/23 @ 1PM - 3PM	Sip - N - Paint	St. Nicholas	Ms. Patricia	IN PERSON	Meeting Room
MONDAY 1:30PM-2:30PM	Arts & Crafts	St. Nicholas	Ms. Patricia	IN PERSON	Dining Room
MONDAY 2:00PM-4:00PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
TUESDAY 11:00AM-12:00PM	Meditation Hybrid	St. Nicholas	Myna	99753963309	Chscc
TUESDAY 11:30AM-12:00PM	Discussion Group	St. Nicholas	Lashonda	IN PERSON	Meeting Room
TUESDAY TBA 12:00PM-1:30PM	Birthday Celebration	St. Nicholas	St. Nicholas	IN PERSON	Dining Room
TUESDAY 9/19/23 @ 1PM	Falls Prevention Zoom Presentation	St. Nicholas	New York Presbyterian	IN PERSON	Meeting 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 9/6/23 @ 1PM	Chair Yoga	St. Nicholas	Rupali	IN PERSON	Meeting Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 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>
WEDNESDAY 9/13/23 @ 1pm	Chair Yoga Boxing	St. Nicholas	Oak Street Health	IN PERSON	Meeting Room
WEDNESDAY 2PM – 4PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
THURSDAY 10:00AM-11AM	Computer Class Hybrid	St. Nicholas	Laquawn	94147034525 IN PERSON	Chscc Poolroom
THURSDAY 9/21/23 @10:30	WALMART Trip	Secaucus, NJ	Ms. Juanita	OFF SITE	OFF SITE
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 PoolRoom
FRIDAY 9/1/23 10AM – 12PM	Swim Team Meeting	St. Nicholas	Mr. Le Rio	IN PERSON	Meeting Room
FRIDAY 9/1/23 @ 1PM – 2PM	Salsa Dance Class	St. Nicholas	VNS Johnathan	IN PERSON	Meeting Room
FRIDAY 9/8/23 1PM – 5PM	Granparent Day Celebration	St. Nicholas	CHSCC	IN PERSON	Meeting Room
FRIDAY 9/15/23 @ 1PM – 2PM	Elder Abuse Presentation	St. Nicholas	CHSCC	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.



COME JOIN US FOR A SALSA LESSON



WHERE: 210 WEST 131ST STREET
WHEN: FRIDAY, SEPTEMBER 1, 2023
TIME: 1PM- 2PM

**THERE WILL BE GIVE AWAYS AND
MORE**

SPONSOR BY:



FUNDED IN PART BY NYC AGING

Central Harlem Senior Citizens' Centers Inc.



VENGA Y UNASE A UNA CLASE DE SALSA



DONDE: 210 WEST 131ST STREET
CUANDO: VIERNES, SEPTIEMBRE 1, 2023
LAS: 1PM-2PM

HABRA PEQUENOS REGALITOS Y MAS

PATROCINADO POR:



FINANCIADO EN PARTE POR NYC AGING

Central Harlem Senior Citizens' Centers, Inc.

St. Nicholas OAC

Sponsoring

MUSIC

A Grandparent Celebration

**DJ
TREVOR**

FOOD



**FRIDAY, SEPTEMBER 8,
2023**

1PM – 5PM

210 W. 131st STREET



AND MORE...

FUNDED IN PART BY NYC AGING



**210 West 131st Street
 New York, NY 10027
 Saint Nicholas Senior
 Center.**



Presents

Elder Abuse Workshop

Commission on Health Services, Office of the State Comptroller, Division of Health Planning and Resources

in partnership with the Office of the State Comptroller

Date: Friday, September 11th 2023

Time: 1:00 p.m.



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 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>
Fri Sept 1st 10-12(I)	Fan Food Distribution	<u>Beatrice</u>	<u>Common Pantry</u>	<u>IN PERSON</u>	<u>Pantry</u>
Fri Sept 1st 10-12(I)	Cake Sale	<u>Beatrice</u>	<u>Advisory Council</u>	<u>IN PERSON</u>	<u>CHSCC</u>
Wed. Sept 6th 11am(I)	Poetry in Motion	<u>Beatrice</u>	<u>Momma Dee</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Thurs. Sept. 7 10:30-11:30(I)	Massage	<u>Beatrice</u>	<u>Hernandez</u>	<u>IN PERSON</u>	<u>CHSCC</u>
Thurs. Sept 7th 2pm(I)	Movie Review	<u>Beatrice</u>	<u>Ms. Kay</u>	<u>IN PERSON</u>	<u>Computer Room</u>
Fri. Sept. 8th 10-12pm(I)	Blood Pressure Screening	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>IN PERSON</u>	<u>Blood Pressure Room</u>
Fri. Sept. 8th 11-12(I)	Manicures	<u>Beatrice</u>	<u>Oak Street</u>	<u>IN PERSON</u>	<u>CHSCC</u>
Mon- Sept 11th 1pm(I)	Trivia with Alicia	<u>Beatrice</u>	<u>Alicia</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Tues. Sept 12th 10:30	Walmart	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>Day Trip</u>	<u>CHSCC</u>
Wed. Sept 13th 11:30(I)	Medicare/ Medicaid Q&A	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Thurs. Sept. 14th 2:pm(I)	Healthy Pizza With the Cook	<u>Beatrice</u>	<u>BLOAC Cook</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Fri. Sept. 15th 8:30am	Wind Creek	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY TRIP</u>	<u>Pennsylvania</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 2023 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

Mon.- Sept. 18th. 1pm	Medicare/ Medicaid Update	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Tues. Sept 19th. 10:30	Seafood City	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>DAY TRIP</u>	<u>City Island</u>
Tues. Sept 19th 10:30(I)	Snack & Chat	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Wed. Sept 20th. 3pm (I)	Hispanic Heritage Celebration	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Thurs. Sept 21st. 11:15(H)	What you should know about Cholesterol	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
Thurs. Sept 21st. 2pm (I)	Movie Review	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Computer Room</u>
Fri. Sept 22nd. 2pm	Nutrition Workshop	<u>Beatrice</u>	<u>CHSCC</u>	<u>765 648 3055</u>	<u>chsc</u>
Mon Sept. 25th 10:30.	Blood Pressure Screening	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>IN PERSON</u>	<u>Blood Pressure Room</u>
Tues. Sept 26th. 3pm	Music Review	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc</u>
Wed. Sept. 27th.. 10:30-11:30	Massages	<u>Beatrice</u>	<u>Oak Street</u>	<u>IN PERSON</u>	<u>CHSCC</u>
Wed. Sept 27th. 11:15(I)	Memory & Aging	<u>Beatrice</u>	<u>Columbia University</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Thurs. Sept. 28th. 3pm(H)	Museum Tour Virtual Tour - Maggie L Walkers Home	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc</u>
Fri. Sept 29th 11:30-1:30	National Senior Citizen Center Month Celebration	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 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>
Mon	Stretching	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>Dining Room</u>
11: 15am(H)					
Tuesdays	Body Movements	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
11:15- (H)					
Tuesdays	Jewelry Making	<u>Beatrice</u>	<u>ARHC</u>	<u>IN PERSON</u>	<u>Arts & Craft Room</u>
10:30am(I)					
Sept. 5th. & 19th..					
Wednesdays	Basket Making	<u>Beatrice</u>	<u>ARHC</u>	<u>IN PERSON</u>	<u>Arts & Craft Room</u>
10:30. (I)					
Wednesdays	Body Movements	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
2:30 (H)					
Fridays	Arts & Crafts	<u>Beatrice</u>	<u>Ms. Black</u>	<u>IN PERSON</u>	<u>Arts & Crafts Room</u>
11am (I)					

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

SEPTEMBER 2023 Virtual & Hybrid Classes BEATRICE LEWIS

Weekly Recurring events Mon – Fri

<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 11: 15am(H)	Estiramiento	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>Comedor</u>
Martes 11:15- (H).	Movimientos corporales	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
Martes 10:30am(I)	Fabricación de joyas	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Oficios</u>
Sept. 5th. & 19th..					
Miércoles 10:30. (I)	Cestería	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Oficios</u>
Miércoles 2:30 (H)	Movimientos corporales	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
Viernes 11am (I)	Artes y manualidades	<u>Beatrice</u>	<u>Ms. Black</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Oficios</u>

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2023

SEPT ACTIVITIES

MONDAYS

STRETCHING W/ CHRIS -11:15

TUESDAYS

BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30
SEPT 5th. & SEPT. 19th.

WEDNESDAYS

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

THURSDAYS

MOVIE REVIEW - 2PM
SEPT. 7th. & SEPT. 21st.

FRIDAYS

ARTS & CRAFTS - 11AM

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



HISPANIC
HERITAGE
MONTH

Celebrations

SEPT. 20TH.

12-2PM

CHSCC- Beatrice Lewis Older Adults Center

NATIONAL SENIOR
CENTER MONTH
CELEBRATION

IN HOUSE COOK OUT
FRIDAY SEPT 29th.
11:30- 1:30PM



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



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

CHSCC.ORG/GAMES
or
SCAN HERE TO PLAY



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

LIST OF HOLIDAYS 2023

DAYS CENTERS ARE CLOSED

MONDAY, 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

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**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**