

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTOBER 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

As the leaves begin to change and the air turns crisper, we welcome the beautiful month of October with open arms. This month, we embrace the essence of autumn, and I am thrilled to bring you the latest updates and activities for CHSCC.

October is not just about fall foliage and pumpkin-flavored everything -- it's also about celebrating the wisdom, resilience, and vibrant spirit that defines our senior world. With that in mind, here are some highlights and important information for this month:

1. Fall Festivities: We have an exciting lineup of fall-themed events and activities planned throughout October. From our monthly birthday celebrations to shopping excursions to observance of special acknowledgement days (e.g., International Older Adult Day), there will be plenty of opportunities to enjoy the season's charm and create lasting memories with your fellow members.

2. Health and Wellness: As the "common cold" season approaches, we encourage all members to get their requisite shots, and to this end, we will offer flu/COVID vaccines as a matter of course. Additionally, there will be a number of informative presentations on Breast Cancer, Healthy Homes, Health and Hygiene, Emergency Preparedness, Access-A-Ride, Nutrition Education, and Stop the Bleed – all to make it convenient for you to stay healthy and protected. Additionally, our regular fitness and wellness classes continue, promoting an active and healthy lifestyle.

3. Community Engagement: October provides the perfect backdrop for community engagement. We invite you to join our discussion groups, computer classes, art classes, and much more. It's a wonderful chance to connect with like-minded individuals and explore your passions.

4. Halloween Celebrations: In keeping with the "spooktacular" season, CHSCC sites will "dress" the part with themed decorations, fun parties, good food and plenty of other treats.

5. Reminders: Please remember to check out our newsletter and CHSCC's website (chsc.org), for important updates and announcements. Our staff is always available to assist you with any questions or concerns you may have. Also, don't forget that Central Harlem Senior Citizens' Centers, Inc. is celebrating its 50th Anniversary 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, chsc.org, for all Gala details, including information on tickets, donations, etc. Come out and help support CHSCC's ongoing mission to provide much-needed services to the Central Harlem Senior Community!

As we step into October, let's cherish the beauty of this season and the camaraderie within our senior citizenry. Your participation and enthusiasm make our lives vibrant and special.

Thank you for being a part of our wonderful family. If you have any suggestions, ideas, or feedback, please feel free to share them with us. Together, we can continue to make our senior citizen center a place of warmth, learning and laughter.

A. Kevin Berry, MPA
Executive Director

SAVE THE DATE

50 YEARS

Tells the Story



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.
50TH ANNIVERSARY GALA
HONORARY CHAIR, STATE SENATOR CORDELL CLEARE

Friday, October 6, 2023 | 6pm-10pm

GRAND SLAM BANQUET HALL
3534 Broadway | New York, NY

For more information on Tickets, Sponsorship Opportunities, and Journal Advertisements, contact A. Kevin Berry at (212) 926-4871



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.

OCTOBER 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 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 September 31st 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 Hybrid	Central Harlem	Naomi	82353296478 IN-PERSON	chsc PT Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTOBER 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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTOBER 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 10:00am-12:00pm	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 Resumes 9/8/23 1:00pm-3:00pm	Line Dancing Hybrid	Central Harlem	LaVern	94913692798 IN-PERSON	chsc PT Room
1st & 3rd Friday 2:00pm-4:00pm	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

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.



• **Primary Care for Brain Health Presentation**

Tuesday, October 3rd, 12:30 pm to 1:30 pm

• **Budget Wireless Presentation**

Thursday, October 5th, 12:30 pm to 1:30 pm

• **Paint & Sip (New Class)**

Friday, October 6th & 20th 2:00 pm to 4:00 pm

• **Harlem Advocate for Seniors Presentation**

&

Metro Plus Health

Friday, October 6th, 12:30 pm to 1:30 pm

• **Medicare Presentation**

Tuesday, October 10th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



• **Metro Plus Presentation**

Thursday, October 12th, 12:30 pm to 1:30 pm

• **Colorectal Cancer Study Presentation**

Friday, October 13th, 12:30 pm to 1:30 pm

• **Game Night**

Friday, October 13th & 27th, 5:00 pm to 7:00 pm

• **Wind Creek Trip**

Thursday, September 19th, 8:30 am to 5:30 pm

• **Birthday Celebration**

Tuesday, October 31st, 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' CENTERS, INC.

OCTOBER 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 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 10/31/23 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 10/10/23 @1PM	Emergency Preparedness	St. Nicholas	Army Corps	IN PERSON	Meeting Room
TUESDAY 10/17/23 @1PM	Medicare and You	St. Nicholas	Guy Sancio	IN PERSON	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 10/4/23 @ 1PM	Zumba Dance Class	St. Nicholas	VNS	IN PERSON	Meeting Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTOBER 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 10/11/23 @ 1PM	Medicare and You	St. Nicholas	HealthFirst	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 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 10/4/23 10AM – 12PM	Swim Team Meeting	St. Nicholas	Mr. Le Rio	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 ZUMBA CLASS



WHERE: 210 WEST 131ST STREET
WHEN: WEDNESDAY, OCTOBER 4, 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: MIERCOLES, OCTUBRE 4, 2023
LAS: 1PM-2PM

HABRA PEQUENOS REGALITOS Y MAS

PATROCINADO POR:



FINANCIADO EN PARTE POR NYC AGING



EMERGENCY PREPAREDNESS
PRESENTATION AT OUR CENTER

Central Harlem Senior Citizens'
Centers, Inc.

St. Nicholas Older Adult Center

210 West 131st Street

@ 1pm

Tuesday, October 10, 2023

Funded in Part by NYC Aging

Central Harlem Senior Citizens' Centers, Inc.



Presentation

**CHSCC – St. Nicholas
210 W 131st Street
Tuesday, October 17, 2023
@ 1pm
646-678-4451**



Marketing Representative
NY Medicare Sales
Guy Sancio
646-5815041

Funded in Part by [NYC Aging](#)

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTOBER 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. Oct 4th. 11:15	<u>Stop the Bleed</u>	<u>Beatrice</u>	<u>Beale</u>	<u>765 648 3055</u>	<u>chsc</u>
Fri Oct 6th. 10-12(I)	<u>Fan Food</u> <u>Distribution</u>	<u>Beatrice</u>	<u>Common</u> <u>Pantry</u>	<u>IN PERSON</u>	<u>Pantry</u>
Fri Oct 6th. 10-12(I)	<u>Cake Sale</u>	<u>Beatrice</u>	<u>Advisory</u> <u>Council</u>	<u>IN PERSON</u>	<u>CHSCC</u>
Fri.-Oct. 6th. 11am(I)	<u>Emergency</u> <u>Preparedness</u>	<u>Beatrice</u>	<u>NYPD</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Mon. Oct 9th.	<u>Center Closed</u>	<u>Beatrice</u>	<u>Columbus</u>	<u>Day</u>	<u>Opens 10/10/23</u> <u>Tuesday</u>
Tues. Oct. 10th 2pm(I)	<u>Healthy Pizza With</u> <u>the Cook</u>	<u>Beatrice</u>	<u>Chef Murray</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Wed Oct 11th.. 10-12pm(I)	<u>Covid Vaccine/ Flu</u> <u>Shots</u>	<u>Beatrice</u>	<u>Ryan's Health</u>	<u>IN PERSON</u>	<u>Blood Pressure</u> <u>Room</u>
Thurs. Oct 12th.. 10:30	<u>Walmart</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>Day Trip</u>	<u>CHSCC</u>
Thurs. Oct 12th. 1pm(I)	<u>Healthy Homes</u> <u>Presentation</u>	<u>Beatrice</u>	<u>DOHMH</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Fri. Oct 13th. 8:30am	<u>Wind Creek</u> <u>Outlets/Casino</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>Day Trip</u>	<u>CHSCC</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTOBER 2023 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

Mon. Oct. 16th 1pm(I)	<u>Roundtable with Etsy</u>	<u>Beatrice</u>	<u>Etsy- Ohel</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Tues. Oct 17th 2:30pm	<u>Snack & Chat</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Wed. Oct 18th 1pm	<u>Advisory Council Election</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Thurs. Oct 19th 2pm(H)	<u>Breast Cancer Awareness Workshop</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
Fri. Oct 20th 11am	<u>Poetry in Motion</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Fri. Oct 20th 1:15pm(I)	<u>Sing For Your Seniors</u>	<u>Beatrice</u>	<u>SFYS</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Fri. Oct 20th 4:30-7:30(I)	<u>Game Night</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Mon. Oct 23rd 1pm	<u>Access A Ride</u>	<u>Beatrice</u>	<u>Access A Ride</u>	<u>IN Person</u>	<u>Dining Room</u>
Tues. Oct 24th 10:30am	<u>Bay Plaza</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>Day Trip</u>	<u>Bronx, NY</u>
Tues. Oct 24th 3pm	<u>Music Review</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc</u>
Wed. Oct 25th 1pm	<u>Birthday Celebration</u> <u>Sept-October Birthdays</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTOBER 2023 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

Thurs. Oct 26th. 11:15am	<u>Health & Hygiene</u> <u>Workshop</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
Fri. Oct 27th 2-5pm	<u>International Older</u> <u>Adults Day</u> <u>Halloween Party</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>
Mon. Oct 30th. 11:15(H)	<u>Nutrition Workshop</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>765 648 3055</u>	<u>chsc</u>
Tues. Oct 31st. 2:30pm(H)	<u>Snack & Chat</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTUBRE 2023 En persona e híbrido **Beatrice Lewis**

Especial Eventos y Actividades

<u>Día /Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>Reunión ID</u>	<u>Código de acceso/Ubicación</u>
<u>Miércoles 4 de octubre.</u> <u>11:15</u>	<u>Detenga el sangrado</u>	<u>Beatrice</u>	<u>Beale</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Vie Oct 6th.</u> <u>10-12(l)</u>	<u>Comida para ventiladores</u> <u>Distribución</u>	<u>Beatrice</u>	<u>Dispensa común</u>	<u>EN PERSONA</u>	<u>Dispensa</u>
<u>Vie Oct 6th.</u> <u>10-12(l)</u>	<u>Venta de pasteles</u>	<u>Beatrice</u>	<u>Consejo Asesor</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Viernes-6^{da} octubre</u> <u>11am(l)</u>	<u>Preparación para emergencias</u>	<u>Beatrice</u>	<u>NYPD</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Lunes 9^{da} octubre.</u>	<u>Centro cerrado</u>	<u>Beatrice</u>	<u>Colón</u>	<u>Día</u>	<u>Abre 10/10/23</u> <u>Martes</u>
<u>Martes 10 de octubre</u> <u>2pm(l)</u>	<u>Pizza saludable con el cocinero</u>	<u>Beatrice</u>	<u>Chef Murray</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Miércoles Oct 11th.</u> <u>10-12pm(l)</u>	<u>Vacuna Covid / Vacunas contra la gripe</u>	<u>Beatrice</u>	<u>La salud de Ryan.</u>	<u>EN PERSONA</u>	<u>Sala de presión arterial</u>
<u>Jueves 12^{da} octubre.</u> . . <u>10:30</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>Excursión de un día</u>	<u>CHSCC</u>
<u>Jueves 12^{da} octubre.</u> <u>1pm(l)</u>	<u>Presentación Hogares Saludables</u>	<u>Beatrice</u>	<u>DOHMH</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Viernes 13^{da} octubre.</u> <u>8:30am</u>	<u>Arroyo del Viento Puntos de venta/Casino</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>Excursión de un día</u>	<u>CHSCC</u>
<u>Lunes 16^{da} octubre.</u> <u>1pm(l)</u>	<u>Mesa redonda con Etsy.</u>	<u>Beatrice</u>	<u>Etsy- Qhel</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Martes 17^{da} octubre.</u> <u>2:30pm</u>	<u>Bocadillo & Charlar</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Miércoles 18^{da} octubre.</u> <u>1pm</u>	<u>Elección del Consejo Asesor</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Jueves 19 de octubre.</u> <u>2pm(l)</u>	<u>Taller de concientización sobre el cáncer de mama</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Viernes 20^{da} octubre.</u> <u>11am</u>	<u>Poesía en Movimiento</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>EN PERSONA</u>	<u>Comedor</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTUBRE 2023 En persona e híbrido **Beatrice Lewis** Especial Eventos y Actividades

<u>Viernes 20^{da}</u> <u>octubre,</u> <u>1:15pm(J)</u>	<u>Canta para tus</u> <u>mayores</u>	<u>Beatrice</u>	<u>SFYS</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Viernes 20^{da}</u> <u>octubre,</u> <u>4:30-7:30(J)</u>	<u>Noche de juegos</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Lunes 23 de</u> <u>octubre</u> <u>1pm</u>	<u>Acceda a un paseo</u>	<u>Beatrice</u>	<u>Acceda a un</u> <u>paseo</u>	<u>En persona</u>	<u>Comedor</u>
<u>Martes 24^{da}</u> <u>octubre,</u> <u>10:30am</u>	<u>Plaza de la Bahía</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>Excursión de</u> <u>un día</u>	<u>Bronx, NY</u>
<u>Martes 24^{da}</u> <u>octubre</u> <u>3pm</u>	<u>Reseña musical</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Miércoles 25 de</u> <u>octubre</u> <u>1pm</u>	<u>Celebración de</u> <u>cumpleaños</u> <u>Cumpleaños de</u> <u>septiembre-octubre</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Jueves 26^{da}</u> <u>octubre</u> <u>11:15am</u>	<u>Salud e Higiene</u> <u>Taller</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Viernes 27^{da}</u> <u>octubre</u> <u>2-5pm</u>	<u>Día Internacional de</u> <u>los Adultos Mayores</u> <u>Fiesta de Halloween</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Lunes 30^{da} octubre</u> <u>11:15(H)</u>	<u>Taller de Nutrición</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Martes 31 de</u> <u>octubre</u> <u>2:30pm(H)</u>	<u>Bocadillo & Charlar</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTOBER 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>
<u>Mon</u> <u>11:15am (H)</u>	<u>Stretching</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>Dining Room</u>
<u>Tuesdays</u> <u>11am</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</u> <u>10:30am (J)</u>	<u>Jewelry Making</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>IN PERSON</u>	<u>Arts & Craft Room</u>
<u>Oct. 3rd, 17th. & 31st.</u> <u>Wednesdays</u> <u>10:30. (J)</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</u>	<u>Dancercise</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>IN PERSON</u>	<u>Card/ Dance Room</u>
<u>Fridays</u> <u>11am (J)</u>	<u>Arts & Crafts</u>	<u>Beatrice</u>	<u>Ms. Black</u>	<u>IN PERSON</u>	<u>Arts & Crafts Room</u>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

OCTUBRE 2023 En persona & Híbrido **Beatrice Lewis**

Eventos recurrentes semanales Lunes-Viernes

<u>Día / Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>Reunión ID</u>	<u>Código de acceso/Ubicación</u>
Lunes 11:15am (H)	Estiramiento	Beatrice	Chris	765 648 3055	Comedor
Martes 11am	Bailarina	Beatrice	Mr. Kelly	EN PERSONA	Tarjeta / Bailar Cuarto
Martes 11:15- (H)	Cuerpo Movimientos	Beatrice	Chris	765 648 3055	chsc
Martes 10:30am (I)	Joyería Fabricación	Beatrice	ARHC	EN PERSONA	Artes & Oficio Cuarto
Oct. 3rd, 17th, & 31st. Miércoles 10:30. (I)	Canasta Fabricación	Beatrice	ARHC	EN PERSONA	Artes & Oficio Cuarto
Miércoles 2:30 (H)	Cuerpo Movimientos	Beatrice	Chris	765 648 3055	chsc
Jueves 11am	Bailarina	Beatrice	Mr. Kelly	EN PERSONA	Tarjeta/ Bailar Cuarto
Viernes 11am (I)	Artes & Artesanía	Beatrice	Ms. Black	EN PERSONA	Artes & Artesanía Cuarto

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2023

OCT

ACTIVITIES

MONDAYS

LETS TALK W/ ESTY- 10-3PM
STRETCHING W/ CHRIS -11:15

TUESDAYS

DANCERCISE - 11am
BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30
OCT 3rd, 17th. & 31st.

WEDNESDAYS

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

THURSDAYS

DANCERCISE - 11am
MOVIE REVIEW - 2PM

FRIDAYS

ARTS & CRAFTS - 11AM

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

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CHSCC Beatrice Lewis Older Adults Center

JOIN US FOR THE

BIRTHDAY CELEBRATION

**Wed. Oct 25th.
1pm**

CHSCC Beatrice Lewis Older Adults Center



International Older Adults Day

Halloween

Celebration

Oct 27th @ 2PM



costumes are optional



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

USING MY DEVICE

IN-PERSON & ZOOM

NEW TIME!

BRING YOUR TABLETS AND LAPTOPS

Beginner and Intermediate Instruction

KENNEDY:

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

Meeting ID:
92031960069
Passcode: chscc

**ST.
NICHOLAS:**

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

Meeting ID:
94147034525
Passcode: chscc

LINCOLN:

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

Meeting ID:
94602064756
Passcode: chscc



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ONLINE GAMES!!!
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**CHSCC.ORG/GAMES
or
SCAN HERE TO PLAY**



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

LIST OF HOLIDAYS 2023

DAYS CENTERS ARE CLOSED

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**