

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

NOVEMBER 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 November approaches, we're reminded of the beauty of the changing seasons and the warmth of loved ones. But before saying good-bye to October 2023, let me take a moment to mention CHSCC's wonderful Gala celebrating the 50th Anniversary of the agency's founding. It was truly an amazing evening of honoring, commemorating, showing appreciation, and acknowledgement, along with, of course, raffles, dancing, mixing and mingling. NY State Senator Cordell Cleare was the Honorary Chair and Mr. Keith L.T. Wright was the Master of Ceremonies. Awards were presented to: Ms. Jackie Rowe Adams, Founder and President, Harlem Mothers & Fathers S.A.V.E.; Mr. William Hamer III, Executive Director, Harlem Advocates for Seniors; and Mr. Keith L.T. Wright, New York County Democratic Leader. Senior Honorees included: Ms. Rita Carrington & Ms. Carrie Taylor of Central Harlem/Kennedy Center; Mr. John Dowe & Ms. Ruth Mason of St. Nicholas Houses Senior Center; and Mr. James Clark & Ms. Mildred Miller of Beatrice Lewis Senior Center. Also, in attendance was a glittering array of some of New York City and NY State's most well-known and celebrated political figures including: former Congressman Charles Rangel; NY State Attorney General Letitia James; Manhattan District Attorney Alvin Bragg, Jr.; former Manhattan Borough President Gail Brewer; Manhattan Borough President Mark Levine; and NYC Councilmember Inez Dickens. To be sure, it was a wonderful, memorable evening and a great time was had by all. We thank all of those who attended --- as well as supported CHSCC in celebrating this significant milestone -- and look forward to celebrating the next 50 years! Again, **THANK YOU ALL FOR YOUR SUPPORT!**

This month, we have a range of exciting activities and events planned to keep your spirits high, from holiday Game Nights to lively discussions to provocative presentations and much more...truly something of interest for everyone! Here are some highlights and important information for this month:

1. Thanksgiving Celebrations: All CHSCC sites will be hosting their annual Thanksgiving celebrations, in keeping with our age-old traditions. Please check schedules in the newsletter and on the website for respective dates and times.

2. Health and Wellness: Stay active and healthy with our fitness classes, yoga sessions and nutrition workshops. Please check schedules for timings.

3. Craft Workshops: Get your creative juices flowing with our craft workshops, including holiday-themed projects to prepare for the upcoming festivities. Please check the newsletter and website for activity dates and times.

4. Holiday Closings: All CHSCC sites will be closed in observance of Veterans Day (November 10, 2023) and the Thanksgiving holiday (Thursday and Friday, November 23rd and 24th, respectively). Please check the newsletter and website for details.

5. Reminders: Please remember that Daylight Savings Time ends on Sunday, November 5, 2023, so don't forget to set your clocks back one (1) hour! Also, don't forget to check out our newsletter and CHSCC's website (chsc.org) for important agency updates and announcements. Our staff is always available to assist you with any questions or concerns you may have. Happy November!

A. Kevin Berry, MPA
Executive Director

CELEBRATE 50 YEARS
OF SERVICE, COMMUNITY, AND LOVE



50

*Years Tells
the Story*



VIEW PICTURES FROM THE 50th CHSCC GALA ONLINE

CHSCC.ORG

THANK YOU TO EVERYONE WHO SUPPORTED OUR

50TH YEAR ANNIVERSARY!

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.

NOVEMBER 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 November 28th 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.

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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

NOVEMBER 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 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
1st & 3rd Friday 5:00pm-7:00pm	Game Night	Central Harlem	Will	IN-PERSON	Pool Room & Dining Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



• Medicare 101 Presentation

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

• Light and Health Research Center Presentation

Mount Sinai

Thursday, November 2nd, 12:30 pm to 1:30 pm

• Paint & Sip (New Class)

Friday, November 3rd & 17th, 2:00 pm to 4:00 pm

• Game Night

• Friday, November 3rd & 17th, 5:00 pm to 7:00 pm

• Sight and Sound

Tuesday, November 7th, 7:00 am to 7:00 pm

• Metro Plus Presentation

Wednesday, November 8th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



- **Colorectal Cancer Study Presentation**

Thursday, November 9th, 12:30 pm to 1:30 pm

- **Senator Cordell Cleare & NYSOFA**

(New York State Office for the Aging)

- **Presentation of Animatronic Pets**

Tuesday, November 14th, 11:00 am to 1:00 pm

- **The People's Money Presentation**

(Participatory Budget Initiative)

Wednesday, November 15th, 10:00 am to 11:00 am

- **Thanksgiving Celebration – Dining Room**

Friday, November 17th, 12:00 pm to 5:00 pm

- **Dementia Presentation**

Tuesday, November 21st, 12:30 pm to 1:30 pm

- **Birthday Celebration**

Tuesday, November 28th, 12:00 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Noviembre 2023 Clases presenciales e híbridas

Centro de Harlem (Kennedy)

<u>Día /Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
<u>Lunes – Viernes</u> <u>9:00am-4:40pm</u>	<u>Juegos de piscina y ocio</u>	<u>Centro de Harlem</u>	<u>Será</u>	<u>PRESENCIAL</u>	<u>Sala de billar y</u> <u>Sala de juegos</u>
<u>Lunes</u> <u>10:00 a.m. -1:00</u> <u>p.m.</u>	<u>Acolchado</u>	<u>Centro de Harlem</u>	<u>Jackie</u>	<u>PRESENCIAL</u>	<u>Sala de Artes y</u> <u>Manualidades</u>
<u>Lunes</u> <u>14:00-15:00</u>	<u>Español</u>	<u>Centro de Harlem</u>	<u>Gerterlyn</u>	<u>95707623638</u> <u>PRESENCIAL</u>	<u>CHSCC</u> <u>Sala PT</u>
<u>Lunes</u> <u>14:00-16:00</u>	<u>Gancho</u>	<u>Centro de Harlem</u>	<u>Jackie</u>	<u>PRESENCIAL</u>	<u>Sala de Artes y</u> <u>Manualidades</u>
<u>Lunes</u> <u>14:10-16:40</u>	<u>Pokeno</u>	<u>Centro de Harlem</u>	<u>Sandra</u>	<u>PRESENCIAL</u>	<u>Comedor</u>
<u>Martes</u> <u>10:00am-</u> <u>12:00pm</u>	<u>Uso de mi dispositivo</u> <u>Híbrido</u>	<u>Centro de Harlem</u>	<u>LaQuawn</u>	<u>92031960069</u> <u>PRESENCIAL</u>	<u>CHSCC</u> <u>Comedor</u>
<u>Martes</u> <u>10:30am-1:30pm</u>	<u>Fabricación de muñecas</u>	<u>Centro de Harlem</u>	<u>Betty</u>	<u>PRESENCIAL</u>	<u>Sala de Artes y</u> <u>Manualidades</u>
<u>Martes</u> <u>28 de noviembre</u> <u>12:00pm-1:30pm</u>	<u>Celebración de cumpleaños</u>	<u>Centro de Harlem</u>	<u>Kennedy</u>	<u>PRESENCIAL</u>	<u>Comedor</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Noviembre 2023 Clases presenciales e híbridas

Centro de Harlem (Kennedy)

<u>Día /Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
Martes 12:30pm-1:30pm	Permanezca bien Híbrido	Centro de Harlem	Myna	94497791386 PRESENCIAL	CHSCC Sala PT
Martes 14:10-16:40	Bingo	Centro de Harlem	Stephanie	PRESENCIAL	Comedor
Miércoles 10:00am-12:00pm	Uso de mi dispositivo Avanzar Híbrido	Centro de Harlem	LaQuawn	92031960069 PRESENCIAL	CHSCC Comedor
Miércoles 11:00am-12:00pm	Apoyo para el duelo	Centro de Harlem	Joyce	PRESENCIAL	Comedor
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
3º Viernes 10:00am-11:00am	Club de lectura	Central Harlem	Hilda	PRESENCIAL	Sala de Artes y Manualidades

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Noviembre 2023 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>
Viernes 10:00am-12:00pm m	Uso de mi dispositivo Híbrido	Centro de Harlem	LaQuawn	92031960069 PRESENCIAL	CHSCC 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 Híbrido	Centro de Harlem	Lavern	94913692798 PRESENCIAL	CHSCC Sala PT
1º y 3º Viernes 2:00pm-4:00pm	Pintar y sorber	Centro de Harlem	Patricia	PRESENCIAL	Comedor
1º y 3º Viernes 5:00pm-7:00pm	Noche de juegos	Centro de Harlem	Será	PRESENCIAL	Sala de billar & Comedor

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Presentación de Medicare 101

Miércoles, 1 de noviembre, 12:30 pm a 1:30pm

**Presentación del Centro de Investigación
de la Luz y la Salud Monte Sinaí**

Jueves 2 de noviembre, 12:30 pm a 1:30 pm

Pintar y sorber (nueva clase)

Viernes, 3 y 17 de noviembre, de 5:00 pm a 7:00 pm

Noche de juegos

Viernes, 3 y 17 de noviembre, 5:00 pm a 7:00 pm

Imagen y sonido

Martes, 7 de noviembre, 7:00 am a 7:00 pm

Presentación de Metro Plus

Miércoles, 8 de noviembre, 12:30 pm a 1:30pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Presentación del estudio sobre el cáncer colorrectal

Jueves, 9 de noviembre, 12:30 pm a 1:30 pm

El senador Cordell Cleare y NYSOFA

(Oficina para las Personas Mayores del Estado de Nueva York)

Presentación de Pets nimatrónicos

Martes, 14 de noviembre, de 11:00 am a 1:00 pm

La presentación del dinero del pueblo

(Iniciativa de Presupuesto Participativo)

Miércoles, 15 de noviembre, de 10:00 am a 11:00am

Celebración del Día de Acción de Gracias – Comedor

Viernes 17 de noviembre, de 12:00 pm a 5:00 pm

Presentación de la demencia

Martes, 21 de noviembre, 12:30 pm a 1:30 pm

Celebración de cumpleaños

Martes 28 de noviembre, de 12:00 pm a 1:30 pm

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.

NOVEMBER 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 11/6/23 @1PM	Salsa Dance Class	St. Nicholas	VNS	IN PERSON	Meeting Room
MONDAY 11/13/23 @ 1PM	Medicare and You	St. Nicholas	Nakeeta Wills	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 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 11/15/23 @ 1PM	Emergency Preparedness	St. Nicholas	Army Corp	IN PERSON	Meeting Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

NOVEMBER 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 2PM – 4PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
THURSDAY 11/9/23 10AM – 12PM	Juice Demonstration	St. Nicholas	Alton Weeks	IN PERSON	Meeting Room
THURSDAY 1PM – 4PM	Bridge	St. Nicholas	Ms. Cynthia	IN PERSON	Meeting Room
THURSDAY 2:00PM-4:00PM	Pokeno	St. Nicholas	Ms. Khadijah	IN PERSON	Meeting Room
THURSDAY 2:30PM-4:00PM	Line Dancing Hybrid	St. Nicholas	LaVern	99142016385 IN PERSON	Chscc PoolRoom
FRIDAY 11/3/23 10AM - 12PM	Swim Team Meeting	St. Nicholas	Mr. Le Rio	IN PERSON	Meeting Room
FRIDAY 11/17/23 12PM – 5PM	Thanksgiving Celebration	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: MODAY, NOVEMBER 6, 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: LUNES, 6 DE NOVIEMBRE, 2023

LAS: 1PM-2PM

HABRA PEQUENOS REGALITOS Y MAS

PATROCINADO POR:





EMERGENCY PREPAREDNESS
PRESENTATION AT OUR CENTER

Central Harlem Senior Citizens' Centers,
Inc.

St. Nicholas Older Adult Center

210 West 131st Street

@ 1pm

Wednesday, November 6, 2023

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

NOVEMBER 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>
<u>Wed. Nov 1st.</u> <u>1pm</u>	<u>Arthritis Prevention</u>	<u>Beatrice</u>	<u>Empire Blue Cross</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Thurs. Nov 2nd..</u> <u>11:30</u>	<u>Trivia With Alicia</u>	<u>Beatrice</u>	<u>Alicia</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Thurs. Nov 2nd.</u> <u>2pm</u>	<u>Stress Awareness Management</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>Fri. Nov 3rd.</u> <u>10-12</u>	<u>Pantry Distribution</u>	<u>Beatrice</u>	<u>Common Pantry</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Fri. Nov 3rd.</u> <u>10:30- 12</u>	<u>Cake Sale</u>	<u>Beatrice</u>	<u>Advisory Council</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>Mon. Nov 6th.</u> <u>11-12</u>	<u>SNACK & CHAT</u>	<u>Beatrice</u>	<u>Val NZHIE</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>TUES. NOV 7th.</u>	<u>CLOSED</u> <u>ELECTION DAY</u>				
<u>Wed. Nov 8th.</u> <u>11am</u>	<u>Advisory Council Meeting</u>	<u>Beatrice</u>	<u>Advisory Council</u>	<u>Members Only</u>	<u>CHSCC</u>
<u>Thurs. Nov 9th.</u> <u>1:15pm(I)</u>	<u>Lighthouse Guild Presentation</u>	<u>Beatrice</u>	<u>Lisa Miller</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>Fri. Nov 10th.</u>	<u>CLOSED</u> <u>VETERANS DAY</u>	<u>Beatrice</u>			
<u>Mon. Nov 13th.</u> <u>11:15am(I)</u>	<u>Roundtable with Esty</u>	<u>Beatrice</u>	<u>Esty- Ohel</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Tues. Nov 14th..</u> <u>10:30am</u>	<u>WALMART</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY TRIP</u>	<u>New Jersey</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

NOVEMBER 2023 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

<u>Tues. Nov 14th</u> <u>1pm</u>	<u>Diabetes Awareness</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Wed. Nov. 15th</u> <u>11am</u>	<u>Sing a Long</u>	<u>Beatrice</u>	<u>Salvation Army</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Wed. Nov 15th</u> <u>1pm</u>	<u>General Membership Meeting</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Thurs. Nov 16th</u> <u>1pm</u>	<u>OMNI Presentation</u>	<u>Beatrice</u>	<u>MTA</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Fri. Nov 17th</u> <u>12-2pm</u>	<u>Thanksgiving Luncheon</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Tues. Nov 21st</u> <u>10:30am</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY TRIP</u>	<u>New Jersey</u>
<u>Wed. Nov 22nd</u> <u>1pm</u>	<u>Medicare/ Medicaid</u>	<u>Beatrice</u>	<u>Gary Tales</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Thurs. Nov 23rd</u>	<u>CLOSED</u> <u>THANKSGIVING DAY</u>				
<u>Fri. Nov 24th</u>	<u>CLOSED</u> <u>DAY AFTER THANKSGIVING</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Mon. Nov 27th</u> <u>2pm</u>	<u>Nutrition Workshop</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>765 648 3055</u>	<u>chsc</u>

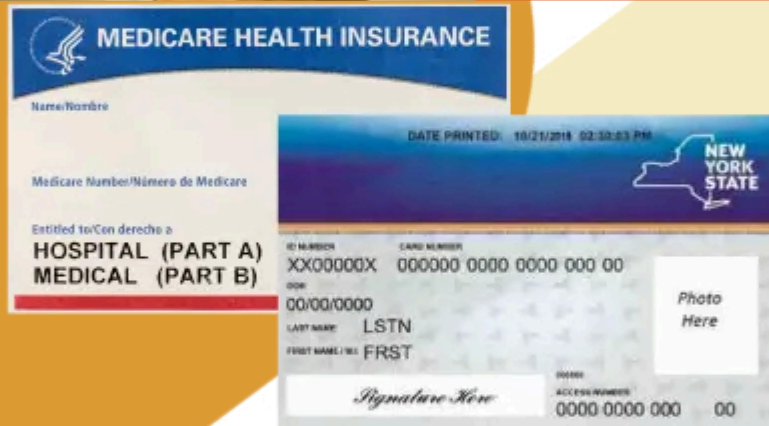
CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

NOVEMBER 2023 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

Tues. Nov 28th 3pm	<u>Music Review</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>765 648 3055</u>	<u>chsc</u>
Wed. Nov 29th 10:30-12pm	<u>Blood Pressure Screening</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Blood Pressure Room</u>
Thurs. Nov 30th 2: pm(H)	<u>View, Chat & Review</u> <u>Movie Review</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Computer Room</u>

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



Medicare / Medicaid Workshop Wednesday, Nov 22nd. 1pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

NOVIEMBRE 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>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
<u>Miércoles. 1 de noviembre. .</u> <u>1pm</u>	<u>Prevención de la artritis</u>	<u>Beatrice</u>	<u>Cruz Azul del Imperio</u>	<u>EN PERSONA</u>	<u>Dining Room</u>
<u>Jueves. 2 de noviembre .</u> <u>11:30</u>	<u>Curiosidades con Alicia</u>	<u>Beatrice</u>	<u>Alicia</u>	<u>EN PERSONA</u>	<u>Dining Room</u>
<u>Jueves. 2 de noviembre .</u> <u>2pm</u>	<u>Conciencia del estrés Administración</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Viernes. 3^{er} noviembre .</u> <u>10-12</u>	<u>Distribución de despensas</u>	<u>Beatrice</u>	<u>Despensa común</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Viernes. 3^{er} noviembre .</u> <u>10:30- 12</u>	<u>Venta de pasteles</u>	<u>Beatrice</u>	<u>Consejo Asesor</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Lunes. 6^{da} noviembre .</u> <u>11-12</u>	<u>MERIENDA Y CHARLA</u>	<u>Beatrice</u>	<u>Val NZHIE</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Martes 7 de noviembre..</u>	<u>CERRADO</u> <u>DÍA DE LAS ELECCIONES</u>				
<u>Miércoles 8 de noviembre.</u> <u>11am</u>	<u>Consejo Asesor Reunión</u>	<u>Beatrice</u>	<u>Consejo Asesor</u>	<u>Solo para miembros</u>	<u>CHSCC</u>
<u>Jueves. 9^{da} noviembre .</u> <u>1:15pm(l)</u>	<u>Gremio de faros Presentación</u>	<u>Beatrice</u>	<u>Lisa Miller</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Viernes día. 10de noviembre.</u>	<u>CERRADO</u> <u>DÍA DE LOS VETERANOS</u>	<u>Beatrice</u>			
<u>Lunes. 13^{er} noviembre .</u> <u>11:15am(l)</u>	<u>Mesa redonda con Esty</u>	<u>Beatrice</u>	<u>Esty- Ohel</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Martes. 14 de noviembre .</u> <u>10:30am</u>	<u>WALMART</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EXCURSIÓN DE UN DÍA</u>	<u>New Jersey</u>
<u>Martes. 14 de noviembre .</u> <u>1pm</u>	<u>Concientización sobre la diabetes</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Miércoles. Noviembre. 15^a.</u> <u>11am</u>	<u>Canta un largo</u>	<u>Beatrice</u>	<u>Salvation Army</u>	<u>EN PERSONA</u>	<u>Comedor</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

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

Especial Eventos y Actividades

<u>Miércoles.</u> <u>Noviembre. 15^a.</u> <u>1pm</u>	<u>Membresía General</u> <u>Reunión</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Jueves. 16^{da}</u> <u>Noviembre .</u> <u>1pm</u>	<u>OMNI</u> <u>Presentación</u>	<u>Beatrice</u>	<u>MTA</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Viernes. 17 de</u> <u>noviembre.</u> <u>12-2pm</u>	<u>Almuerzo de Acción</u> <u>de Gracias</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Martes. 21^{da}</u> <u>Noviembre .</u> <u>10:30am</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>DAY TRIP</u>	<u>New Jersey</u>
<u>Miércoles. 22 de</u> <u>Noviembre.</u> <u>1pm</u>	<u>Medicare/ Medicaid</u>	<u>Beatrice</u>	<u>Gary Tales</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Jueves día. 23 de</u> <u>noviembre .</u>	<u>CERRADO</u> <u>DÍA DE ACCIÓN DE</u> <u>GRACIAS</u>				
<u>Viernes día. 24 de</u> <u>Noviembre.</u>	<u>CERRADO</u> <u>DÍA DESPUÉS DEL DÍA</u> <u>DE ACCIÓN DE</u> <u>GRACIAS</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Lunes. 27 de</u> <u>noviembre.</u> <u>2pm</u>	<u>Taller de Nutrición</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Martes. 28 de</u> <u>Noviembre</u> <u>3pm</u>	<u>Reseña musical</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Miércoles. 29^{da}</u> <u>Noviembre .</u> <u>10:30-12pm</u>	<u>Examen de la presión</u> <u>arterial</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Sala de presión</u> <u>arterial</u>
<u>Jueves. 30^{da}</u> <u>Noviembre</u> <u>2: pm(H)</u>	<u>View, Chat & Review</u> <u>Movie Review</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Sala de</u> <u>Informática</u>

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2023

NOV

ACTIVITIES

MONDAYS

LETS TALK W/ ESTY- 10-3PM
WALK WITH EASE - 1:15pm

TUESDAYS

DANCERCISE - 11am
BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30
NOV 7th & NOV 21st.

WEDNESDAYS

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

THURSDAYS

DANCERCISE - 11am
MOVIE REVIEW - 2PM

FRIDAYS

ARTS & CRAFTS - 11AM
WALK WITH EASE - 1PM

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

NOVEMBER 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 1: 15pm(H)	Walk With Ease	Beatrice	Chris	765 648 3055	Dining Room
Mon 10-3pm	Lets Talk With Etsy	Beatrice	Esty Ohell	IN PERSON	Blood Pressure Room
Tuesdays 11am	Dancercise	Beatrice	Mr. Kelly	IN PERSON	Card / Dance Room
Tuesdays 11:15- (H)	Body Movements	Beatrice	Chris	765 648 3055	chsc
Tuesdays 10:30am(I)	Jewelry Making	Beatrice	ARHC	IN PERSON	Arts & Craft Room
Nov7th.&Nov 21st...					
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 11am	Dancercise	Beatrice	Mr. Kelly	IN PERSON	Card/ Dance Room
Fridays 11am	Arts & Crafts	Beatrice	Ms. Black	765 648 3055	chsc
Fridays 1:15(H)	Walk with Ease	Beatrice	Ms. Black	IN PERSON	Arts & Crafts Room

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



**LIGHTHOUSE
GUILD**

Vision+Health



**LightHouse Guild
Presentation
Thursday, November
9th. @ 1:15pm
"Snack & Facts"
discussion following
presentation**

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

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

Eventos recurrentes semanales Lunes-Viernes

HÍBRIDO (H)		EN CASA (I)		VIRTUAL (V)	
<u>Día / Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>Reunión ID</u>	<u>Código de acceso/Ubicación</u>
Lunes 1: 15pm(H)	Camina con facilidad	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>Comedor</u>
Lunes 10-3pm	Hablemos Con Etsy	<u>Beatrice</u>	<u>Esty Ohell</u>	<u>EN PERSONA</u>	<u>Sala de presión arterial</u>
Martes 11am	Bailarina	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta / Salón de Baile</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) <small>Nov 7th. & Nov 21st...</small>	Fabricación de joyas	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Manualidades</u>
Miércoles 10:30. (I)	Cestería	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Sala de Artes y Manualidades</u>
Miércoles 2:30 (H)	Movimientos corporales	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
Jueves 11am	Bailarina	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta/ Sala de baile</u>
Viernes 11am	Artes y Oficios	<u>Beatrice</u>	<u>Ms. Black</u>	<u>765 648 3055</u>	<u>chsc</u>
Viernes 11am (I)	Camina con facilidad	<u>Beatrice</u>	<u>Chris</u>	<u>EN PERSONA</u>	<u>Arts & Crafts Room</u>

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**