

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

DECEMBER 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 December arrives, we're filled with excitement for the festive season and the joy it brings. CHSCC has a lineup of heartwarming, fun events and activities to make this December a special one. Let's embrace the holiday spirit together! Some of the highlights and important information for this month:

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

2. Classes, Activities, Presentations: As usual, we will have an exciting array of regular and intergenerational activities, presentations and classes to stimulate your mind, body and soul. There will be Game Nights and Trivia Sessions; presentations on Medicare, Colorectal Cancer, Safety, Home Health Care; and Round Table Discussions just to name a few. Additionally, all 3 CHSCC sites will serve as Town Hall streaming locations to view a discussion on the NYS Master Plan for Aging, Wednesday, December 6th from 10AM to 12PM. Please check schedules for timing and more information.

4. Holiday Closings: All CHSCC sites will be closed in observance of the Christmas Holiday, Monday and Tuesday, December 25th and 26th, respectively). Please check the newsletter and website for details.

Winter can also bring unique challenges and hazards, so it's important to take precautions to ensure safety. Here are some winter safety tips:

1. **Dress in layers:**
 - Wear multiple layers to trap warm air close to your body.
 - Use moisture-wicking base layers to keep sweat away from your skin.
2. **Protect Your Extremities:**
 - Wear a hat, gloves, and insulated waterproof boots to prevent heat loss.
3. **Stay Dry**
 - Avoid wet clothing; stay dry in snowy or rainy conditions.
 - Use waterproof outer layers and avoid staying in wet clothes for extended periods
4. **Be Visible:**
 - Days are shorter in winter and visibility can be reduced. Wear reflective clothing if you're walking or cycling in low light conditions.
5. **Space Heaters Safety:**
 - If using space heaters, ensure they are placed away from flammable materials and turned off when not supervised; follow manufacturer's guidelines for safe usage.
6. **Stay Informed:**
 - Keep an eye out for weather forecasts and plan accordingly.
 - Follow any advisories or warnings issued by local authorities.
7. **Stay Hydrated and Nourished:**
 - Winter conditions can be dehydrating. Drink plenty of water and consume warm, nourishing foods.
8. **Prepare for Power Outages:**
 - Have flashlights, candles, and extra blankets on hand in case of power failures.
 - Charge electronic devices ahead of time.

CHSCC would like to wish you all the very best of Seasons' Greetings and Happy Holidays...from our family to yours!

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.

DECEMBER 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 December 19th 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.

DECEMBER 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	chscc 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	chscc Arts & Craft Room
Thursday 12:30pm-1:30pm	Meditation/Yoga Hybrid	Central Harlem	Myna	95753324942 IN-PERSON	chscc 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.

DECEMBER 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.



- **Paint & Sip (New Class)**

Friday, December 1st & 15th Thursday 28th
2:00 pm to 4:00 pm

- **Game Night**

- Friday, December 1st & Wednesday 20th
5:00 pm to 7:00 pm

- **Colorectal Cancer Study Presentation**

Tuesday, December 5th, 12:30 pm to 1:30 pm

- **Town Hall – Black Elders Speak on the NYS Master Plan for the Aging**

Wednesday, December 6th, 12:30 pm to 1:30 pm

- **Medicare Presentation**

Thursday, December 7th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



- **NYPD Senior Safety Presentation**

Tuesday, December 12th, 12:30 pm to 1:30 pm

- **Home Health Care Presentation**

Wednesday, December 13th, 12:30 pm to 1:30 pm

- **Christmas Celebration – Dining Room**

Friday, December 15th, 12:00 pm to 1:30 pm

- **Birthday Celebration**

Tuesday, December 19th, 12:00 pm to 1:30 pm

- **Round Table – Holiday Presentation**

Wednesday, December 20th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Diciembre 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</u> <u>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-12:00pm</u>	<u>Uso de mi</u> <u>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</u> <u>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>19 de diciembre</u> <u>12:00pm-1:30pm</u>	<u>Celebración de</u> <u>cumpleaños</u>	<u>Centro de Harlem</u>	<u>Kennedy</u>	<u>PRESENCIAL</u>	<u>Comedor</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Diciembre 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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Diciembre 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>
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
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.



1. Pintar y sorber (nueva clase)

Viernes, 1 y 15 de diciembre ^{jueves} 28
2:00 p.m. a 4:00 p.m.

2. Noche de juegos

3. Viernes 1 y miércoles 20^{de} diciembre
De 17:00 a 19:00 horas

4. Presentación del estudio sobre el cáncer colorrectal

Martes, 5 de diciembre, 12:30 hm a 1:30 pm

5. Ayuntamiento – Los ancianos negros hablan sobre el Plan Maestro del

Estado de Nueva York para las Personas Mayores

Miércoles 6^{de} diciembre, de 12:30 a 13:30 horas

6. Presentación de Medicare

Jueves 7 de diciembre, de 12:30 ha 13:3h

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



**7. Presentación de seguridad para personas mayores del Departamento de
Policía de Nueva York**

Martes, 1y 2^{de} diciembre, de 12:30 a 13:30 horas

**8. Presentación sobre el cuidado de la salud en el hogar
Miércoles, 13 de diciembre, 12:30 p.m. a 1:30p.m.**

9. Celebración de Navidad – Comedor

Viernes 15^{de} diciembre, de 12:00 a 13:30 horas

10. Celebración de cumpleaños

Martes 19^{de} diciembre, de 12:00 a 13:30 horas

11. Mesa Redonda – Presentación Navideña

Miércoles 20^{de} diciembre, de 12:30 a 13:30 horas

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.



**CITYWIDE BEHAVIORAL HEALTH COALITION FOR
BLACK ELDERS, INC. NEW YORK CITY**

**BLACK ELDERS
SPEAK ON THE NYS
MASTER PLAN FOR
THE AGING**



**Master Plan
for Aging**

Town Hall - December 6, 2023,
10 a.m. - 12 p.m.



Please join us:



Lt Joseph P. Kennedy, Jr Community Center
34 W 134th St. New York, NY 10037



www.blackelders.org

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



NYPD



TUESDAY, DECEMBER 12, 2023 12:30 PM

SENIOR PRESENTATION TOPICS WILL INCLUDE:

- SENIOR SAFETY TIPS FOR PEDESTRIAN CROSSING
- REFLECTIVE TAPE TO BE PUT ON (WALKERS, CANES, WHEELCHAIRS)
- INFORMATIONAL FLYERS WHEN OPERATING A VEHICLE

***HOSTED BY PO. NARVAEZ 32PCT CRIME PREVENTION OFFICER AND
PO. SCHATZ 32 PCT TRAFFIC SAFETY OFFICER.***

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

WAL★MART®



Wednesday, December 13, 2023

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, December 1, 2023**

Please sign up in the office:

Marna Little

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Sight & Sound Theater - Lancaster, PA

Tuesday, June 11, 2024

Fee: \$144.00

***Fee includes: Ticket, Roundtrip
transportation, Golden Corral (buffet,
drink, tax & gratuity)**

Final payment is due by Friday, March 1, 2024

***\$50 Deposit due AS SOON AS POSSIBLE**

***Second payment of \$47 due Friday, January 5th**

***Final payment of \$47 due Friday, March 1st**

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

Bus departs from Kennedy Center

34 West 134th Street at 7:00 am

Please sign up in the office: Marna Little

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

DECEMBER 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-12PM	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 12/19/23 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 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 12/6/23 @1PM	Belly Dance Class	St. Nicholas	VNS	IN PERSON	Meeting Room
WEDNESDAY 2PM – 4PM	Bingo	St. Nicholas	Ms. Daisy	IN PERSON	Meeting Room
THURSDAY 10AM – 12PM	Computer Class	St. Nicholas	Laquawn	IN PERSON	Pool Room
THURSDAY 12/14/23 @10:30AM	Walmart Trip	St. Nicholas	Ms. Juanita	IN PERSON	OFF SITE

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

DECEMBER 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>
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 Pool Room
FRIDAY 12/1/23 10AM – 12PM	Swim Team Meeting	St. Nicholas	Mr. Le Roy	IN PERSON	Meeting Room
FRIDAY 12/22/23 @ 11AM	Caroling with the Kiddies	St. Nicholas	Monica & Ms. Carol	IN PERSON	Meeting Room
FRIDAY 12/22/23 @1PM	Intergenerational Holiday Celebration	St. Nicholas	Monica & Lashonda	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.

DECEMBER 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. Dec 1. 11:15	<u>Fan Food</u> <u>Distribution</u>	<u>Beatrice</u>	<u>Common</u> <u>Pantry</u>	<u>IN PERSON</u>	<u>CHSCC</u>
Fri Dec 1. 1PM(I)	<u>Memory &</u> <u>Alzheimer's</u> <u>Presentation</u>	<u>Beatrice</u>	<u>Columbia</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Mon. Dec 4th. 10-12(I)	<u>Poetry in Motion</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Dec. 6th. 11:30am(I)	<u>TRIVIA w/ Alicia</u>	<u>Beatrice</u>	<u>Alicia</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Thurs. Dec. 7th. 10:30am	<u>Bay Plaza Mall</u>	<u>Beatrice</u>	<u>Ms. Woods</u>	<u>Day Trip</u>	<u>Bronx, NY</u>
Thurs. Dec. 7th. (TBA)	<u>How to Safely</u> <u>control Pest in</u> <u>your home</u>	<u>Beatrice</u>	<u>Healthy</u> <u>Homes</u>	<u>TBA</u>	<u>Dining Room</u>
Fri. Dec 8th. 1pm(I)	<u>NY Public Library</u> <u>Books for Visually</u> <u>Impaired</u>	<u>Beatrice</u>	<u>NY Public</u> <u>Library</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Mon. Dec 11th. 1pm	<u>Elder Abuse</u> <u>Workshop</u>	<u>Beatrice</u>	<u>District</u> <u>Attorney's</u> <u>Office</u>	<u>TBA</u>	<u>Dining Room</u>
Tues. Dec. 12th. 2PM	<u>View, Chew &</u> <u>Review</u> <u>Movie</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
Wed. Dec. 13th. 11am	<u>Advisory Council</u> <u>Meeting</u>	<u>Beatrice</u>	<u>Advisory</u> <u>Council</u>	<u>Members</u> <u>Only</u>	<u>CHSCC</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

DECEMBER 2023 Virtual & Hybrid Classes **BEATRICE LEWIS**

SPECIAL EVENTS AND ACTIVITIES

<u>Wed. Dec. 13th</u> <u>1pm(I)</u>	<u>Roundtable with Esty</u>	<u>Beatrice</u>	<u>Ms. Esty</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Thurs. Dec 14th</u> <u>11:15am (H)</u>	<u>Senior Health</u> <u>Addressing "AIDS"</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>Thurs. Dec 14th</u> <u>2pm(I)</u>	<u>Healthy Dish with The</u> <u>Cook</u>	<u>Beatrice</u>	<u>Chef Murray</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Friday Dec. 15th</u> <u>TBA</u>	<u>LGBTQ- Awareness</u> <u>Presentation for Older</u> <u>Adults</u>	<u>Beatrice</u>	<u>SAGE USA</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>Mon. Dec 18th</u> <u>TBA</u>	<u>Gun Violence</u> <u>Presentation</u>	<u>Beatrice</u>	<u>Healthy</u> <u>Homes</u>	<u>TBA</u>	<u>Dining Room</u>
<u>Mon. Dec 18th</u> <u>2pm(H)</u>	<u>Nutrition Workshop</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>Tues. Dec. 19th</u> <u>3pm(H)</u>	<u>Music Review</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>Wed. Dec 20th</u> <u>1pm(I)</u>	<u>General Membership</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Thurs. Dec 21st</u> <u>10:30am</u>	<u>Walmart</u>	<u>Beatrice</u>	<u>Ms. Woods</u>	<u>Day Trip</u>	<u>New Jersey</u>
<u>Fri. Dec 22nd</u> <u>1:15pm(I)</u>	<u>Christmas Celebration</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Wed. Dec 27th</u> <u>1pm</u>	<u>Birthday Celebration</u> <u>Nov& Dec</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Fri. Dec 29th</u> <u>2pm</u>	<u>AIDS Awareness</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chscc</u>
<u>Fri- Dec 29th</u> <u>4-7:30pm</u>	<u>Final Game Night for</u> <u>the Year</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>chscc</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

DECEMBER 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>
Mon	Walk With Ease	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>Dining Room</u>
1: 15pm(H)					
Mon	Lets Talk	<u>Beatrice</u>	<u>Esty</u>	<u>IN PERSON</u>	<u>Blood Pressure Room</u>
10-3pm	With Esty		<u>Ohell</u>		
Tuesdays	Dancercise	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>IN PERSON</u>	<u>Card / Dance Room</u>
11am					
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)					
Dec 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)					
Thursdays	Dancercise	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>IN PERSON</u>	<u>Card/ Dance Room</u>
11am					
Fridays	Arts & Crafts	<u>Beatrice</u>	<u>Ms. Black</u>	<u>765 648 3055</u>	<u>chsc</u>
11am					
Fridays	Walk with Ease	<u>Beatrice</u>	<u>Ms. Black</u>	<u>IN PERSON</u>	<u>Arts & Crafts Room</u>
1:15(H)					



Merry
Christmas

This illustration features the words "Merry Christmas" in a green, cursive font. The text is framed by a wreath of green holly leaves and three red berries at the bottom. A gold star is positioned at the top center, above the word "Merry".



¡Feliz Navidad!

This illustration features the Spanish phrase "¡Feliz Navidad!" in a festive font. "¡Feliz" is in red and "Navidad!" is in green. The text is decorated with various Christmas ornaments, including striped and star-patterned baubles, and snowflakes. A small Christmas tree is positioned above the letter "V".

DICIEMBRE 2023 En persona e híbrido

Beatrice Lewis

Especial Eventos y Actividades

<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
<u>Comida para fans</u> <u>Distribución</u> <u>12/1- 10-12</u>	<u>Beatrice</u>	<u>Dispensa</u> <u>común</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Memoria y</u> <u>Alzheimer</u> <u>Presentación</u> <u>12/1- 1PM</u>	<u>Beatrice</u>	<u>Columbla</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Poesía en</u> <u>movimiento</u> <u>12/4- 11am</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>CURIOSIDADES con</u> <u>Alicia</u> <u>12/6- 11:30am</u>	<u>Beatrice</u>	<u>Alicia</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Centro Comercial</u> <u>Bay Plaza</u> <u>12/7- 10:30am</u>	<u>Beatrice</u>	<u>Ms. Woods</u>	<u>Excursión de un</u> <u>día</u>	<u>Bronx, NY</u>
<u>Cómo controlar de</u> <u>forma segura las</u> <u>plagas en su hogar</u> <u>12/7- TBA</u>	<u>Beatrice</u>	<u>Hogares</u> <u>Saludables</u>	<u>TBA</u>	<u>Comedor</u>
<u>Biblioteca Pública</u> <u>de Nueva York</u> <u>Libros para</u> <u>discapacitados</u> <u>visuales</u> <u>12/8- 1pm</u>	<u>Beatrice</u>	<u>Biblioteca</u> <u>Pública de</u> <u>Nueva York</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Taller de Abuso de</u> <u>Ancianos</u> <u>12/11-1pm</u>	<u>Beatrice</u>	<u>Oficina del</u> <u>Fiscal de</u> <u>Distrito</u>	<u>TBA</u>	<u>Comedor</u>
<u>Ver, masticar y</u> <u>revisar Película</u> <u>12/12- 2pm</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Reunión del</u> <u>Consejo Asesor</u> <u>12/13- 11am</u>	<u>Beatrice</u>	<u>Consejo Asesor</u>	<u>Solo para</u> <u>miembros</u>	<u>CHSCC</u>

DICIEMBRE 2023 En persona e híbrido

Beatrice Lewis

Especial Eventos y Actividades

<u>Mesa redonda con Esty</u> <u>12/13 1pm</u>	<u>Beatrice</u>	<u>Ms. Esty</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Salud de la Tercera Edad</u> <u>Abordar el tema "SIDA"</u> <u>12/14- 11:15am</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chsc.</u>
<u>Plato saludable con el cocinero</u> <u>12/14- 2pm</u>	<u>Beatrice</u>	<u>Chef Murray</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Presentación de concientización LGBTQ para adultos mayores</u> <u>12/15-11am</u>	<u>Beatrice</u>	<u>SAGE USA</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Presentación sobre la violencia con armas de fuego</u> <u>12/18- 11am</u>	<u>Beatrice</u>	<u>Healthy Homes</u>	<u>TBA</u>	<u>Comedor</u>
<u>Taller de Nutrición</u> <u>12/18- 2pm</u>	<u>Beatrice</u>	<u>Tamar</u>	<u>765 648 3055</u>	<u>chsc.</u>
<u>Reseña musical</u> <u>12/19-3pm</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc.</u>
<u>Membresía General</u> <u>12/20- 1pm</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Walmart</u> <u>12/21- 10:30am</u>	<u>Beatrice</u>	<u>Ms. Woods</u>	<u>Day Trip</u>	<u>New Jersey</u>
<u>Celebración de Navidad</u> <u>12/22- 2-5pm</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Celebración de cumpleaños</u> <u>12/27 1pm</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Salud de la Tercera Edad</u> <u>Abordar el tema "SIDA"</u> <u>12/29- 2pm</u>	<u>Beatrice</u>	<u>N. Simmons</u>	<u>765 648 3055</u>	<u>chsc.</u>

DICIEMBRE 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)	Camina con facilidad	Beatrice	Chris	<u>765 648 3055</u>	<u>chsc</u>
Lunes 10-3pm	Hablemos con Esty	Beatrice	Esty	<u>EN PERSONA</u>	<u>Sala de Medicación</u>
Martes 11am	Bailarina	Beatrice	Mr. Kelly	<u>EN PERSONA</u>	<u>Tarjeta / Bailar</u> <u>Cuarto</u>
Martes 11:15- (H)	Cuerpo Movimientos	Beatrice	Chris	<u>765 648 3055</u>	<u>chsc</u>
Martes 10:30am (I)	Joyería Fabricación	Beatrice	ARHC	<u>EN PERSONA</u>	<u>Artes & Oficio</u> <u>Cuarto</u>
Dec. 5th- Dec 19th					
Miércoles 10:30. (I)	Canasta Fabricación	Beatrice	ARHC	<u>EN PERSONA</u>	<u>Artes & Oficio</u> <u>Cuarto</u>
Miércoles 2:30 (H)	Cuerpo Movimientos	Beatrice	Chris	<u>765 648 3055</u>	<u>chsc</u>
Jueves 11am	Bailarina	Beatrice	Mr. Kelly	<u>EN PERSONA</u>	<u>Tarjeta/ Bailar</u> <u>Cuarto</u>
Viernes 11am (I)	Artes & Artesanía	Beatrice	Ms. Black	<u>EN PERSONA</u>	<u>Artes & Artesanía</u> <u>Cuarto</u>
Viernes 1:15pm	Camina con facilidad	Beatrice	Chris	<u>765 648 3055</u>	<u>chsc</u>

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2023

DEC

ACTIVITIES

MONDAYS

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

TUESDAYS

DANCERCISE - 11am
BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30
DEC 5th & Dec 19th.

WEDNESDAYS

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

THURSDAYS

DANCERCISE - 11am
MOVIE REVIEW - 2PM

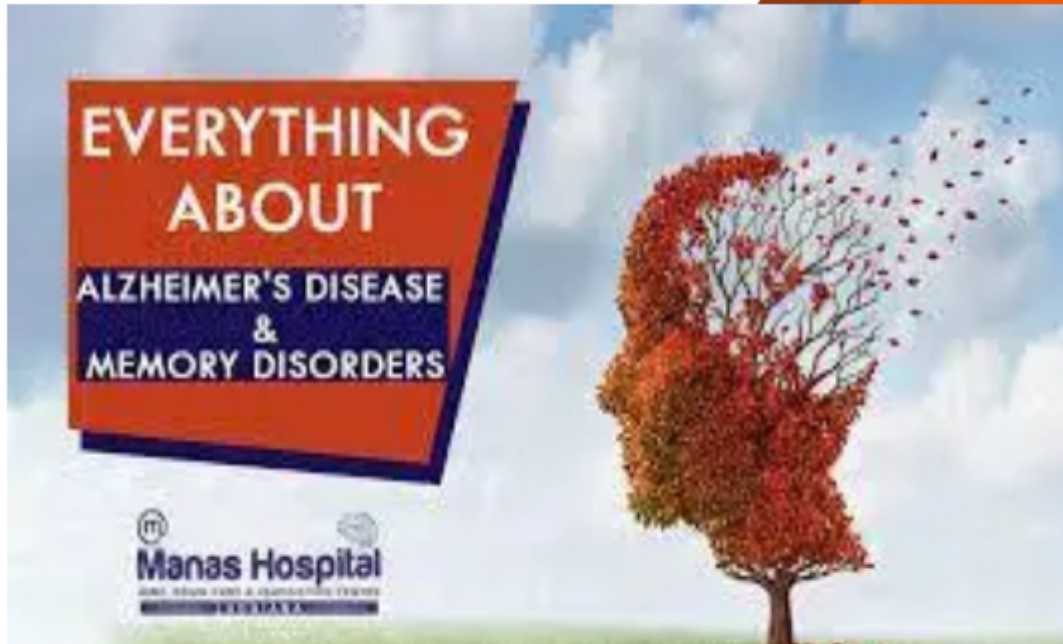
FRIDAYS

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

FOR MORE INFORMATION VISIT US @ CHSCC.ORG

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CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER



Memory Loss & Alzheimers
Presentation
Friday Dec 1, 2023
1pm

Made with PosterMyWall.com

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER

*Poetry in
Motion*



Momma Dee
Monday Dec. 4th.
11:15 am

CHSCC- Beatrice Lewis Older Adults Center



New York Public Library
Books For The Visually
Impaired- Presenation
Fri. Dec 8th.
1PM

CHSCC- Beatrice Lewis Older Adults Center

Healthy Nutrition

Workshop

OVERVIEW

- +Reduce weight
- +Reduce cholestrol
- +Manage diabetes
- +Boost energy
- +Strengten immune
- +Improve skin
- +Think clearer

TUESDAY
DECEMBER 18TH.
2PM



CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

SING FOR YOUR SENIORS



**FRI. DEC 15TH.
1: 15 PM
IN HOUSE**

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

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**