

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

MARCH 2024

WEBSITE: CHSCC.ORG

Cheryl Marius - Board Chair
Monica Warrell, Site Director - St. Nicholas Center
Vivian Johnson, Site Director - Beatrice Lewis Center
Alishia Thomas, Site Director - Central Harlem

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



From the desk of

The Board Chair

MARCH, 2024

Greetings Members,

March is Women's History month, a time where we pay homage to all Women who have made and continue to make major contributions to the world.

The centers will celebrate the following women on the dates listed:

Friday, March 15 from 9am to 10:30 am. with New York State Senator Cordell Cleare at the Kennedy Center.

Thursday, March 28 from 11:15 am at Beatrice Lewis Center with the Honorable Justice Tonya Kennedy.

Wednesday, March 20 at 1:30PM with C. Virginia Fields, former Manhattan Borough President and CEO of Black Health at the St. Nicholas Senior Center.

All three women are change agents that have made intentional and powerful impact to our Harlem community.

There are also additional events this month that we feel are important. A Town Hall meeting with the Board Chair. I will meet with the members to discuss what services you would like included in the programs. How you feel about your center and what we can do better.

Surveys were made available to all members so we know what your needs are and what we can to help

Here to serve,
We are here to serve!

Cheyl Marius
Cheryl Marius
Board Chair

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.

MARCH 2024 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 March 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	Central Harlem	Naomi	IN-PERSON	PT Room

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

MARCH 2024 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	Central Harlem	LaQuawn	IN-PERSON	chsc Dining Room
Wednesday 11:00am-12:00pm	Bereavement Support	Central Harlem	Joyce	IN-PERSON	Dining Room
Wednesday March 20th 11:30am-12:00pm	Nutrition Class	Central Harlem	Tamra	85388551219 Virtual	chsc
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.

MARCH 2024 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>Friday</u> <u>10:00am-12:00pm</u>	<u>Using My Device</u>	<u>Central Harlem</u>	<u>LaQuawn</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>Friday</u> <u>12:00pm-1:00pm</u>	<u>Zumba Hybrid</u>	<u>Central Harlem</u>	<u>Myna</u>	<u>98851241201</u> <u>IN-PERSON</u>	<u>chsc</u> <u>PT Room</u>
<u>Friday</u> <u>1:00pm-3:00pm</u>	<u>Line Dancing</u>	<u>Central Harlem</u>	<u>LaVern</u>	<u>IN-PERSON</u>	<u>PT Room</u>
<u>1st & 3rd</u> <u>Friday</u> <u>2:00pm-4:00pm</u>	<u>Paint & Sip</u>	<u>Central Harlem</u>	<u>Patricia</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>2nd & 4th</u> <u>Friday</u> <u>2:00pm-4:00pm</u>	<u>Jewelry Class</u>	<u>Central Harlem</u>	<u>Patricia</u>	<u>IN-PERSON</u>	<u>Dining Room</u>
<u>2nd & 4th</u> <u>Friday</u> <u>5:00pm-7:00pm</u>	<u>Game Night</u>	<u>Central Harlem</u>	<u>Will</u>	<u>IN-PERSON</u>	<u>Pool Room & Dining Room</u>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Marzo 2024 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>10:00am -1:00 pm</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>2:00pm-4:00pm</u>	<u>Tejer</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>2:10pm-4:40pm</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 dispositivo</u> Híbrido	<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>19 de marzo</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.

Marzo 2024 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 2:00pm-3:00pm	El movimiento habla	Centro de Harlem	Noemí	PRESENCIAL	Sala PT
Martes 2:10pm-4:40pm	Bingo	Centro de Harlem	Stephanie	PRESENCIAL	Comedor
Miércoles 10:00am-12:00pm	Uso de mi dispositivo Avanzar	Centro de Harlem	LaQuawn	PRESENCIAL	CHSCC Comedor
Miércoles 11:00am-12:00pm	Apoyo para el duelo	Centro de Harlem	Joyce	PRESENCIAL	Comedor
Miércoles 20 de marzo 11:30am-12:00pm	Clase de Nutrición	Centro de Harlem	Tamra	85388551219 Virtual	CHSCC
Miércoles 2:10pm-4:40pm	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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Marzo 2024 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 12:30pm-1:30pm	Meditación/Yoga Híbrido	Centro de Harlem	Myna	95753324942 PRESENCIAL	CHSCC Sala de Artes y Manualidades
Jueves 2:10pm-4:40pm	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 10:00am-12:00pm	Uso de mi dispositivo	Centro de Harlem	LaQuawn	PRESENCIAL	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	Centro de Harlem	Lavern	PRESENCIAL	Sala PT
1º y 3º Viernes 2:00pm-4:00pm	Pintar y sorber	Centro de Harlem	Patricia	PRESENCIAL	Comedor
2º y 4º Viernes 2:00pm-4:00pm	Clase de Joyería	Centro de Harlem	Patricia	PRESENCIAL	Comedor
2º y 4º Viernes 5:00pm-7:00pm	Noche de juegos	Centro de Harlem	Será	PRESENCIAL	Sala de billar & Comedor

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Paint & Sip

Friday, March 1st & 15th

2:00 pm to 4:00 pm

• Jewelry Making Class

Friday, March 8th & 22nd

2:00 pm to 4:00 pm

• Game Night

Friday, February 8th & 22nd

5:00 pm to 7:00 pm

• NYPD 32nd Percent Scam Prevention Presentation

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

**• Colorectal Cancer Study Presentation –
St. Charles Borromeo & Columbia University**

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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Tax Preparation & Financial Counseling – NYC Department of Consumer & Worker Protection**

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

- **Continental Breakfast with Senator Cordell Cleare**

Friday, March 15th, 9:00 am to 10:30 am

- **Birthday Celebration**

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

- **Virtual Nutrition Presentation**

Wednesday, March 20th, 11:30 am to 12:00 pm

Meeting ID: 853 8855 1219

Passcode: chscc

- **Columbia Presbyterian – Cholesterol for Brain Health**

Thursday, March 21st, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Ohel's Older Adults Services – Patience Presentation**

Thursday, March 26th, 12:30 pm to 1:30 pm

- **Good Friday- CLOSED**

Friday, March 29th

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Pintar y sorber**

Viernes, 1 y 15 de marzo
De 2:00pm a 4:00pm horas

- **Clase de Joyería**

Viernes, 8 y 22 de marzo
De 2:00pm a 4:00pm horas

- **Noche de juegos**

Viernes, 8 y 22 de febrero
De 5:00pm a 7:00pm horas

- **Presentación del 32 por ciento del Departamento de Policía de Nueva York sobre la prevención de estafas**

Martes, 5 de marzo, 12:30 pm a 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Presentación del estudio sobre el cáncer colorrectal – San Carlos Borromeo y la Universidad de Columbia**
Miércoles 6 de marzo, de 12:30pm a 1:30pm horas

- **Preparación de Impuestos y Asesoramiento Financiero – Departamento de Protección al Consumidor y al Trabajador de la Ciudad de Nueva York**

Martes, 12 de marzo, 12:30 pm a 1:30 pm

- **Desayuno Continental con el Senador Cordell Cleare**

Viernes, 15 de marzo, 9:00 am a 10:30 am

- **Celebración de cumpleaños**

Martes, 19 de marzo, 12:00 pm a 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• **Presentación Virtual de Nutrición**

Miércoles 20 de marzo, de 11:30am a 12:00pm horas
ID de reunión: 853 8855 1219 Código de acceso: chscc

• **Columbia Presbyterian –**

Colesterol para la salud del cerebro

Jueves, 21 de marzo, 12:30 pm a 1:30 pm

• **Servicios para Adultos Mayores de Ohel – Presentación de
Paciencia**

Jueves 26 de marzo, de 12:30 a 13:30 horas

• **Viernes Santo- CERRADO**

Viernes, 29 de marzo

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CENTRAL HARLEM KENNEY



**WOMEN'S
HISTORY
MONTH**

Continental Breakfast with Senator Cordell Cleare



**Please join us in celebrating Senator Cordell Cleare,
who has changed history by being one of the two
black women to hold a Senate seat.**

Friday, March 15th, 9 am to 10:30 am

34 West 134th Street, New York, NY 10037

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Friday, March

1st & 15th

2:00 pm to 4:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

New Class Alert!!!



Jewelry Making Class

Every 2nd & 4th Friday

March 8th & 22nd

2:00 pm to 4:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Friday, March

8th & 22nd

5:00 pm - 7:00 pm

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Virtual Presentation

Wednesday, March 20th

11:30 pm to 12:00 pm

Meeting ID: 853 8855 1219

Passcode: chscc

Funded in part by NYC Dept. for the Aging

BRAIN HEALTH WORKSHOP



Cholesterol and Brain Health ***March 21, 2024 at 12:30 pm***

This workshop will cover

- *Where to go to for concerns and for preventive care*
- *What to ask the doctor during your visit*
- *Normal symptoms, tests, procedures*
- *Different types of tests, procedures and why/when to get them*
- *Insurance and follow-up care;*
- *Local resources and organizations and places to learn more;*
- *Webpages about brain health that can be installed on your phone.*

Presented By

Project Coordinator Danurys (Didi) Sanchez
Recruitment Coordinator Mayra Gonzalez



TAUB INSTITUTE FOR RESEARCH
ON ALZHEIMER'S DISEASE
AND THE AGING BRAIN

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Friday, March 29, 2024

CHSCC SITES WILL BE

CLOSED

In observance of



**The offices will resume regular
business hours**

Monday, April 1, 2024, at 9:00 am

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.

March 2024 Hybrid & In Person Classes

St. Nicholas Older Adult Center

<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 @ 11- 4PM EVERY WEEK	ACES Entitlement Benefits Counsel	St. Nicholas	Ms. Wanda	IN PERSON	Computer Room
MONDAY @1PM 3/4/24	Elder Abuse	St. Nicholas	Carter Burden Network	IN – PERSON	Meeting Room
MONDAY @ 1PM 3/11/24	Self-Facial	St. Nicholas	Ali Zidar	IN – PERSON	Meeting Room
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 3/19/24 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 3/26/24 @ 1PM	Nutritional Workshop Hybrid	St. Nicholas	Tamar	838 9098 4113 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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

March 2024 Hybrid & In Person Classes

St. Nicholas Older Adult Center

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode /Location</u>
WEDNESDAY @ 11AM -1PM 3/13/24	Blood Pressure Screen	St. Nicholas	CBN	IN – PERSON	Meeting Room
WEDNESDAY 3/13/24 @1PM	Salsa Dance Class	St. Nicholas	VNS	IN PERSON	Meeting Room
WEDNESDAY @1PM 3/27/24	Self Defense Class	St. Nicholas	VNS	INPERSON	Meeting Room
WEDNESDAY 3/27/24@ 1PM	Alzheimer's Screening	St. Nicholas	NYU Langone	IN PERSON	Meeting Room
WEDNESDAY 3/27/24 @1PM – 2PM	Women's History Month Celebration	St. Nicholas	CHSCC	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 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	Chsc Pool Room
FRIDAY 3/1/24 @10AM – 12PM	Swim Team Meeting	St. Nicholas	Mr. Le Roy	IN PERSON	Dining Room
FRIDAY 3/8/24 @ 1PM	Senior Scam Prevention	St. Nicholas	NYPD	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

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

Marzo 2024 Clases híbridas y presenciales

Centro de Adultos Mayores de San Nicolás

<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 10:00 a.m.-12 p.m.	Clase de Computadora Híbrido	San Nicolás	Laquawn	94147034525 EN PERSONA	chsc Sala de billar
LUNES @ 11 CADA SEMANA	Asesor de Beneficios de Derechos de ACES	San Nicolás	Sra. Wanda	EN PERSONA	Sala de Informática
LUNES @1PM 3/4/24	Abuso de ancianos	San Nicolás	Red Carter Burden	EN PERSONA	Sala de Reuniones
LUNES @ 1PM 3/11/24	Autofacial	San Nicolás	O albañil	EN PERSONA	Sala de Reuniones
LUNES 12:30 p.m.-1:15 p.m.	Campamento de entrenamiento para personas mayores Híbrido	San Nicolás	Tommy	95529741467 EN PERSONA	chsc Sala de billar
LUNES 13:30-14:30	Artes y Oficios	San Nicolás	Sra. Patricia	EN PERSONA	Comedor
LUNES 14:00-16:00	Bingo	San Nicolás	Sra. Daisy	EN PERSONA	Sala de Reuniones
MARTES 11:00 a.m.-12:00 p.m.	Meditación Híbrido	San Nicolás	Myna	99753963309	CHSCC
MARTES 11:30 a.m.-12:00 p.m.	Grupo de discusión	San Nicolás	Lashonda	EN PERSONA	Sala de Reuniones
MARTES 3/19/24 12:00 p.m.-1:30 p.m.	Celebración de cumpleaños	San Nicolás	San Nicolás	EN PERSONA	Comedor
MARTES 12:30 p.m.-1:15 p.m.	Aptitud Híbrido	San Nicolás	Tommy	97124229071 EN PERSONA	Sala de reuniones del chsc
MARTES 3/26/24 @ 1PM	Taller de Nutrición Híbrido	San Nicolás	Tamar	838 9098 4113 PRESENCIAL	CHSCC Sala de Reuniones
MARTES 14:00-16:00	Bingo	San Nicolás	Sra. Daisy	EN PERSONA	Sala de Reuniones

CENTROS PARA PERSONAS MAYORES DE HARLEM CENTRAL, INC.

Marzo 2024 Clases híbridas y presenciales Centro de Adultos Mayores de San Nicolás

<u>Día /Hora</u>	<u>Actividad</u>	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso / Ubicación</u>
MIÉRCOLES 10:00 a.m.-3:00 p.m.	Puente triangular	San Nicolás	Sra. Gwen	EN PERSONA	Sala de Reuniones
MIÉRCOLES @ 11AM -1PM 3/13/24	Examen de presión arterial	San Nicolás	CBN	EN PERSONA	Sala de Reuniones
MIÉRCOLES 13/03/24 @1PM	Clase de Baile de Salsa	San Nicolás	VNS	EN PERSONA	Sala de Reuniones
MIÉRCOLES @1PM 3/2724	Clase de Defensa Personal	San Nicolás	VNS	EN PERSONA	Sala de Reuniones
MIÉRCOLES 3/27/4@ 1PM	Pruebas de detección de la enfermedad de Alzheimer	San Nicolás	Langone de la Universidad de Nueva York	EN PERSONA	Sala de Reuniones
MIÉRCOLES 3/2/24 @1PM – 2PM	Celebración del Mes de la Historia de la Muje	San Nicolas	CHSCC	EN PERSONA	Sala de Reuniones
MIÉRCOLES 2PM – 4PM	Bingo	San Nicolás	Sra. Daisy	EN PERSONA	Sala de Reuniones
JUEVES 10 a.m. – 12 p.m.	Clase de Computadora	San Nicolás	Laquawn	EN PERSONA	Sala de billar
JUEVES 13:00 – 16:00	Puente	San Nicolás	Sra. Cynthia	EN PERSONA	Sala de Reuniones
JUEVES 14:00-16:00	Pokeno	San Nicolás	Sra. Khadijah	EN PERSONA	Sala de Reuniones
JUEVES 14:30-16:00	Baile en línea Híbrido	San Nicolás	Lavern	99142016385 EN PERSONA	Chscc Sala de billar
VIERNES 3/1/24 @10AM – 12PM	Reunión del equipo de natación	San Nicolás	Sr. Le Roy	EN PERSONA	Comedor
VIERNES 3/8/24 @ 1PM	Prevención de estafas para personas mayores	San Nicolás	Departamento de Policía de Nueva York	EN PERSONA	Sala de Reuniones
VIERNES 13:30 -14:00	Grupo de discusión	San Nicolás	Lashonda	EN PERSONA	Sala de Reuniones
VIERNES 14:00-16:00	Bingo	San Nicolás	Sra. Daisy	EN PERSONA	Sala de Reuniones

INANCIADO EN PARTE POR EL DEPARTAMENTO PARA LAS PERSONAS MAYORES DE LA CIUDAD DE NUEVA YORK

Central Harlem Senior Citizen's Centers, Inc.



leading the way in aging services

Rosa Nagovich, Presenter
CEMAPP Outreach Coordinator
Carter Burden Network
312 East 109th St.
New York, NY 10029

ELDER ABUSE PRESENTATION



ST. NICHOLAS OLDER ADULT CENTER
210 West 131st Street
Monday, March 4, 2024
1pm

Funded in Part by the NYC Department for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

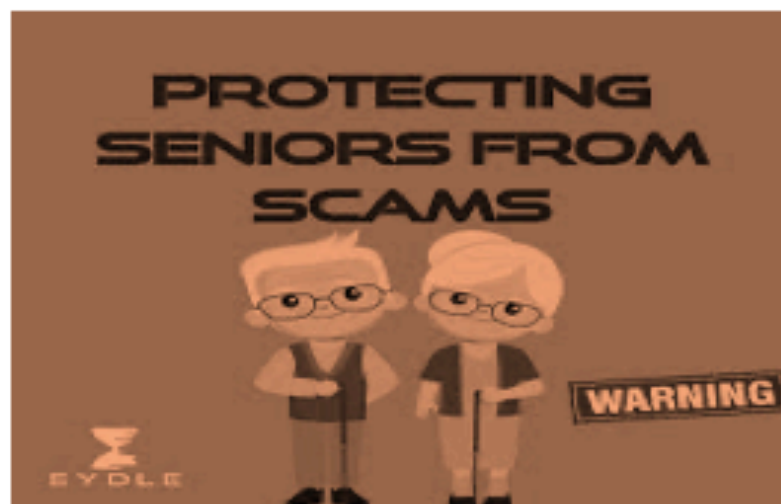
St. NICHOLAS OLDER ADULT CENTER



NYPD

PRESENTS:

SCAM PREVENTION FOR OLDER ADULT



WHEN: FRIDAY, MARCH 8, 2024

TIME: 1PM

**WHERE: ST. NICHOLAS OLDER ADULT CENTER 210
WEST 131 STREET**

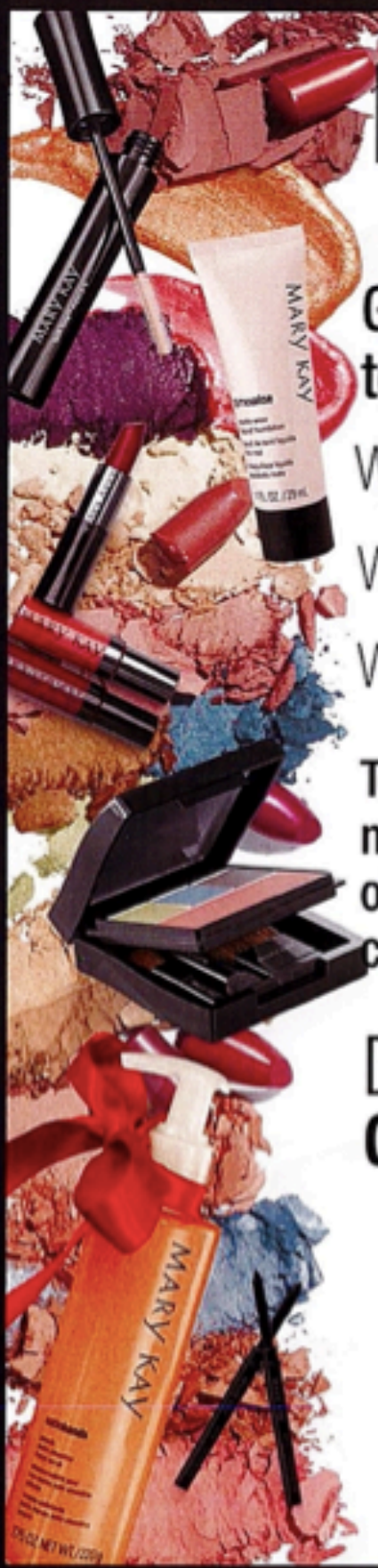
HOSTED BY: PO. NARVAEZ

**32PCT CRIME PREVENTION OFFICER AND 32 DOMESTIC
VIOLENCE OFFICERS.**

Funded in Part by NYC Aging

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pamper me



MARY KAY

Great day! I would like to invite you to:

What: **SELF FACIALS**

When: **MARCH 11, 2024 @1PM**

Where: **210 WEST 131ST STREET**

To enjoy **FREE** beauty tips, facial, make-over, and a chance to try other Mary Kay products. You can bring your friends too!



Don't miss this
GREAT OPPORTUNITY!
See you there!

I am: _____

I am an Independent: () Beauty Consultant
() Group Leader () Team Leader
() Future Sales Director () Sales Director

Contact No.: **646-678-4451**

Central Harlem Senior Citizens' Centers, Inc.
St. Nicholas Older Adult Center
& Columbia University
Are Hosting A Blood
Pressure Screening on
Wednesday, March 13, 2024,
At 1PM



For Further Information
Please Contact
Monica Warrell
@646-678-4451



FUNDED IN PART BY NYC AGING

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.
ST. NICHOLAS OLDER ADULT CENTER**

&

Advocacy, Counseling, and Entitlement Services



Supportive Services Provided:

- SNAP
- Entitlements
- DRIE
- Housing Applications (For SCRIE, etc.)
- And more....

**Every Monday from 11am until 4pm
For Information, Call 6466-678-4451**



FUNDED IN PART BY NYC AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

**ST. NICHOLAS OLDER ADULT
CENTER**

IN HONOR OF
WOMEN'S HISTORY MONTH

WE ARE HONORING
C. VIRGINIA FIELDS



WEDNESDAY, MARCH 20, 2024

AT 1PM

210 WEST 131ST STREET

FUNDED IN PART BY NYC AGING

Central Harlem Senior Citizens' Centers Inc.



COME JOIN US FOR A SELF DEFENSE CLASS



WHERE: 210 WEST 131ST STREET
WHEN: WEDNESDAY, MARCH 27, 2024
TIME: 1PM- 2PM

THERE WILL BE GIVE AWAYS AND MORE

SPONSOR BY:



FUNDED IN PART BY NYC AGING

Central Harlem Senior Citizens' Centers Inc.



ÚNASE A NOSOTROS PARA UNA CLASE DE DEFENSA PERSONAL



DONDE: 210 WEST 131ST STREET
CUANDO: MIERCOLESE MARZO DE 27, 2024
LAS: 1PM-2PM

HABRA PEQUENOS REGALITOS Y MAS

PATROCINADO POR:



Central Harlem Senior Citizens' Centers, Inc.

St. Nicholas OAC

Nutritional Workshops
Every Last Tuesday of the Month
With Tamar Elkins
VIA Zoom
@ 1PM
210 West 131st Street



Meeting ID: 838 9098 4113

Password: chscc

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

MARCH 2024 Virtual & Hybrid Classes BEATRICE LEWIS

SPECIAL EVENTS AND ACTIVITIES

<u>Day /Time</u> MARCH	<u>Activity</u> 2024	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode/Location</u>
March 1 11am (I)	Fan Food	Beatrice	Common Pantry	IN PERSON	CHSCC
March 1 10-12 (I)	Cake Sale	Beatrice	Advisory Council	IN PERSON	CHSCC
March 1 11:15(I)	Elder Abuse	Beatrice	DA's Office	IN PERSON	Dining Room
March 4 th . 11:15 (I)	Healthy Home	Beatrice	CHSCC	IN PERSON	Dining Room
March 5 th . 10:30	Sammy's Day Excursion	Beatrice	CHSCC	IN PERSON	Bronx NY
March 6 th . 11:15am (I)	What to know about Colorectal Cancer	Beatrice	Ms. Simmons	765 648 3055	chsc
March 7 th . 2pm (I)	A Review of "The Color Purple "	Beatrice	Ms. Kay	IN PERSON	Dining Room
March 8 th . 10:30-12pm(I)	Blood Pressure Screening	Beatrice	Ms. Holt	IN PERSON	Blood Pressure Room
March 8 th . 11:15 (I)	Trivia With Alicia	Beatrice	Ms. Berry	IN PERSON	Dining Room
March 11 th . 10-2pm(I)	Mini Flea Market	Beatrice	CHSCC	IN PERSON	CHSCC
March 11 th . 1pm (I)	Round table With Esty	Beatrice	Ms. Esty	IN PERSON	Dining Room
March 12 th . 2:30(I)	Healthy Dish with the Chef	Beatrice	Head Cook	IN PERSON	Dining Room
March 13 th . 10-2pm	Mini Flea Market	Beatrice	CHSCC	IN PERSON	Dining Room
March 13 th . 11am	Advisory Council Meeting	Beatrice	Members Only	IN PERSON	Library
March 13 th . 1pm(H)	Sing For Your Seniors	Beatrice	SFYS	IN PERSON	Dining Room
March 14 th . 11am (H)	Poison Prevention Workshop	Beatrice	Poison Control	765 648 3055	chsc
March 15 th . 10-2pm	Mini Flea Market LAST DAY	Beatrice	CHSCC	CHSCC	CHSCC
March 18 th . 11:15 (I)	Poetry in Motion	Beatrice	Momma Dee	IN PERSON	CHSCC
March 18 th . 1pm	Alzheimer's Presentation	Beatrice	CHSCC	IN PERSON	CHSCC
March 19 th . 2:30pm (I)	"Hot Topics" No Holding Back	Beatrice	CHSCC	IN PERSON	Dining Room
March 20 th . 10-12pm	Pool Tournament	Beatrice	Wiz	IN PERSON	Pool Room
March 20 th . 11:15	Traffic Safety	Beatrice	Mr. Miu	IN PERSON	CHSCC

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

MARCH 2024 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>March 20th</u> <u>1pm (I)</u>	<u>General Membership Meeting</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>March 21st</u> <u>3pm(H)</u>	<u>Women's History Month Tribute</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>March 22nd</u> <u>10:30-12pm</u>	<u>Blood Pressure Screening</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>IN PERSON</u>	<u>Blood Pressure Room</u>
<u>March 22nd</u> <u>4:30-7:30 (I)</u>	<u>Game Night</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>CHSCC</u>
<u>March 25th</u> <u>2:30</u>	<u>Kidney Health</u>	<u>Beatrice</u>	<u>Ms. Tamar</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>March 26th</u> <u>3pm (I)</u>	<u>Singles Social</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>March 27th</u> <u>11:15-1:30 (I)</u>	<u>A tribute to: Hon. Tanya R. Kennedy</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>IN PERSON</u>	<u>Dining Room</u>

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>1: 15pm(H)</u>	<u>Walk With Ease</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>Dining Room</u>
<u>Mon</u> <u>10-3pm(H)</u>	<u>Lets Talk With Esty</u>	<u>Beatrice</u>	<u>Esty Ohell</u>	<u>IN PERSON</u>	<u>Blood Pressure 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>3/5 & 3/19</u>	<u>Jewelry Making</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>IN PERSON</u>	<u>Arts & Craft Room</u>
<u>Tuesdays</u> <u>11-12:15</u>	<u>Computer Basics</u>	<u>Beatrice</u>	<u>Senior Planet</u>	<u>IN PERSON</u>	<u>Dining Room</u>
<u>Wednesdays</u> <u>10:30. (I)</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>Thursdays</u> <u>11-12:15</u>	<u>Computer Basics</u>	<u>Beatrice</u>	<u>Senior Planet</u>	<u>IN PERSON</u>	<u>Computer Room</u>
<u>Fridays</u> <u>11am</u>	<u>Arts & Crafts</u>	<u>Beatrice</u>	<u>Ms. Black</u>	<u>Class ends 3/14</u> <u>765 648 3055</u>	<u>chsc</u>
<u>Fridays</u> <u>1:15(H)</u>	<u>Walk with Ease</u>	<u>Beatrice</u>	<u>Chris</u>	<u>IN PERSON</u>	<u>Arts & Crafts Room</u>

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER

Eventos y Actividades Especiales- **Marzo 2024**

<u>Día /Hora</u> MARZO	<u>Actividad</u> 2024	<u>Centro</u>	<u>Instructor</u>	<u>ID de reunión</u>	<u>Código de acceso/Ubicación</u>
<u>Marzo 1</u> <u>11am (I)</u>	<u>Comida para fans</u>	<u>Beatrice</u>	<u>Despensa común</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Marzo 1</u> <u>10-12 (I)</u>	<u>Venta de pasteles</u>	<u>Beatrice</u>	<u>Consejo Asesor</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>Marzo 1</u> <u>11:15(I)</u>	<u>Abuso de ancianos</u>	<u>Beatrice</u>	<u>Oficina del Fiscal de Distrito</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>4 de marzo.</u> <u>11:15 (I)</u>	<u>Hogar Saludable</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>5 de marzo.</u> <u>10:30</u>	<u>De Sammy</u> <u>Excursión de un día</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Bronx NY</u>
<u>6 de marzo.</u> <u>11:15am (I)</u>	<u>Lo que hay que saber sobre el cáncer colorrectal</u>	<u>Beatrice</u>	<u>Ms. Simmons</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>7 de marzo.</u> <u>2pm (I)</u>	<u>Una revisión de "El color púrpura "</u>	<u>Beatrice</u>	<u>Ms. Kay</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>8 de marzo.</u> <u>10:30-12pm(I)</u>	<u>Examen de la presión arterial</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EN PERSONA</u>	<u>Sala de presión arterial</u>
<u>8 de marzo.</u> <u>11:15 (I)</u>	<u>Curiosidades con Alicia</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>11 de marzo. .</u> <u>10-2pm(I)</u>	<u>Mini Mercadillo</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>11 de marzo. .</u> <u>1pm (I)</u>	<u>Mesa redonda con Esty</u>	<u>Beatrice</u>	<u>Ms. Esty</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>12 de marzo.</u> <u>2:30(I)</u>	<u>Plato Saludable con el Chef</u>	<u>Beatrice</u>	<u>Jefe de cocina</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>13 de marzo.</u> <u>10-2pm</u>	<u>Mini Mercadillo</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>13 de marzo.</u> <u>11am</u>	<u>Reunión del Consejo Asesor</u>	<u>Beatrice</u>	<u>Solo para miembros</u>	<u>EN PERSONA</u>	<u>Biblioteca</u>
<u>13 de marzo.</u> <u>1pm(H)</u>	<u>Canta para tus adultos mayores</u>	<u>Beatrice</u>	<u>SFYS</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>14 de marzo.</u> <u>11am (H)</u>	<u>Prevención de envenenamientos Taller</u>	<u>Beatrice</u>	<u>Control de envenenamiento</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>15 de marzo.</u> <u>10-2pm</u>	<u>Mini Mercadillo ÚLTIMO DÍA</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>CHSCC</u>	<u>CHSCC</u>
<u>18 de marzo.</u> <u>11:15 (I)</u>	<u>Poesía en movimiento</u>	<u>Beatrice</u>	<u>Momma Dee</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>18 de marzo.</u> <u>1pm</u>	<u>Presentación de Alzheimer</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>19 de marzo.</u> <u>2:30pm (I)</u>	<u>"Temas candentes" Sin contención</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>20 de marzo.</u> <u>10-12pm</u>	<u>Torneo de Piscina</u>	<u>Beatrice</u>	<u>Wiz</u>	<u>EN PERSONA</u>	<u>Sala de billar</u>

CHSCC- BEATRICE LEWIS OLDER ADULTS CENTER

Eventos y Actividades Especiales- **Marzo 2024**

<u>20 de marzo.</u> <u>11:15</u>	<u>Seguridad Vial</u>	<u>Beatrice</u>	<u>Mr. Miu</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>20 de marzo.</u> <u>1pm (l)</u>	<u>Asamblea General de Socios</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>21 de marzo.</u> <u>3pm(H)</u>	<u>Mes de la Historia de la Mujer Tributo</u>	<u>Beatrice</u>	<u>Ms. Berry</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>22 de marzo.</u> <u>10:30-12pm</u>	<u>Examen de la presión arterial</u>	<u>Beatrice</u>	<u>Ms. Holt</u>	<u>EN PERSONA</u>	<u>Sala de presión arterial</u>
<u>22 de marzo.</u> <u>4:30-7:30 (l)</u>	<u>Noche de juegos</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>CHSCC</u>
<u>25 de marzo.</u> <u>2:30</u>	<u>Salud renal</u>	<u>Beatrice</u>	<u>Ms. Tamar</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>26 de marzo.</u> <u>3pm (l)</u>	<u>Solteros Social</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>27 de marzo..</u> <u>11:15-1:30 (l)</u>	<u>Homenaje a: Sé Tanya R. Kennedy</u>	<u>Beatrice</u>	<u>CHSCC</u>	<u>EN PERSONA</u>	<u>Comedor</u>

SEMANAL EVENTOS RECURRENTES MARZO 2024



<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</u> <u>1: 15pm(H)</u>	<u>Camina con facilidad</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>Comedor</u>
<u>Lunes</u> <u>10-3pm(H)</u>	<u>Hablemos Con Esty</u>	<u>Beatrice</u>	<u>Esty Ohell</u>	<u>EN PERSONA</u>	<u>Sala de presión arterial</u>
<u>Martes</u> <u>11am (l)</u>	<u>Bailarina</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta / Salón de Baile</u>
<u>Martes</u> <u>11:15- (H).</u>	<u>Movimientos corporales</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Martes</u> <u>3/5 & 3/19</u>	<u>Fabricación de joyas</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Artes & Sala de manualidades</u>
<u>Martes</u> <u>11-12:15</u>	<u>Conceptos básicos</u>	<u>Beatrice</u>	<u>Planeta Sénior</u>	<u>EN PERSONA</u>	<u>Comedor</u>
<u>Miércoles</u> <u>10:30. (l)</u>	<u>Cestería</u>	<u>Beatrice</u>	<u>ARHC</u>	<u>EN PERSONA</u>	<u>Artes & Sala de manualidades</u>
<u>Miércoles</u> <u>2:30 (H)</u>	<u>Movimientos corporales</u>	<u>Beatrice</u>	<u>Chris</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Jueves</u> <u>11am</u>	<u>Dancercise</u>	<u>Beatrice</u>	<u>Mr. Kelly</u>	<u>EN PERSONA</u>	<u>Tarjeta/ Salón de Baile</u>
<u>Jueves</u> <u>11-12:15</u>	<u>Conceptos básicos</u>	<u>Beatrice</u>	<u>Planeta Sénior</u>	<u>EN PERSONA</u> <u>La clase termina el 3/14</u>	<u>Sala de Informática</u>
<u>Viernes</u> <u>11am</u>	<u>Artes y Oficios</u>	<u>Beatrice</u>	<u>Ms. Black</u>	<u>765 648 3055</u>	<u>chsc</u>
<u>Viernes</u> <u>1:15(H)</u>	<u>Walk with Ease</u>	<u>Beatrice</u>	<u>Chris</u>	<u>EN PERSONA</u>	<u>Arts & Crafts Room</u>



CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

SING FOR YOUR SENIORS



WED. MAR. 13TH.
1 PM

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER



Poetry in Motion With
Momma Dee
Monday, Mar. 18th.
11am

CHSCC- BEATRICE LEWIS OLDER ADULT CENTER

Groove

&

Chew

**Groove and Chew with
Alicias Music Review
TUES. Mar. 26th.
3PM**

CHSCC BEATRICE LEWIS OLDER ADULTS CENTER

WEEKLY 2024

MAR. ACTIVITIES

MONDAYS

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

TUESDAYS

DANCERCISE - 11am
BODY MOVEMENTS- 11:15
JEWELRY MAKING-10:30
March 5th & March 19th.
COMPUTER BASICS - 11-12:15

WEDNESDAYS

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

THURSDAYS

DANCERCISE - 11am
COMPUTER BASICS- 11-12:15

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.

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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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

LIST OF HOLIDAYS 2024

DAYS CENTERS ARE CLOSED

MONDAY, MAY 27TH – MEMORIAL DAY

WEDNESDAY, JUNE 19TH - JUNETEENTH

THURSDAY, JULY 4TH – INDEPENDENCE DAY

MONDAY, SEPTEMBER 2ND – LABOR DAY

MONDAY, OCTOBER 14TH – COLUMBUS DAY

MONDAY, NOVEMBER 11TH – VETERANS DAY

THURSDAY, NOVEMBER 28TH -THANKSGIVING DAY

FRIDAY, NOVEMBER 29TH - DAY AFTER THANKSGIVING

WEDNESDAY, DECEMBER 25TH – CHRISTMAS DAY

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**