

August



Monday's Senior Center Zoom Classes

For DFTA registered adults 60 and over

Non DFTA participants, may contact a Host Center to register by phone in advance

Live ZOOM Classes	Instructor & Time	Host Center
CURRENT EVENTS HOUR --> CLICK HERE FOR ZOOM CLASS <--	Stephanie @ 10am	Clinton Center 212-757-2026
ZUMBA GOLD --> CLICK HERE FOR ZOOM CLASS <--	Tia @ 11am	Clinton Center 212-757-2026
ART GROUP w/ JIHAD --> CLICK HERE FOR ZOOM CLASS <--	Jihad @ 11am	Coffeehouse Center 646-545-4621
Virtual Piano w/ Dianne -->CLICK HERE FOR ZOOM CLASS<--	Dianne @11am	Hamilton Center 212-787-7710
STRENGTH TRAINING -->CLICK HERE FOR ZOOM CLASS<--	Rachel @12pm	Hamilton Center 212-787-7710
Name that Music Sample --> CLICK HERE FOR ZOOM CLASS <--	STARTING 8/10 Jihad @12pm	Woodstock Center 212-575-0693
BollyBelly Moves -->CLICK HERE FOR ZOOM CLASS <--	Andrea @1pm	Coffeehouse Center 646-545-4621
Chinese Brush Painting --> CLICK HERE FOR ZOOM CLASS <--	Jade @ 1pm	Hamilton Center 212-787-7710
Food for Thought --> CLICK HERE FOR ZOOM CLASS <--	August 10th & 24th Lolly @2:30pm	Hamilton Center 212-787-7710

To access a ZOOM class by dial-in, please contact the Host Center for details



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Live ZOOM Classes	Instructor & Time	Host Center
Stuff I Never Learned in History -->CLICK HERE FOR ZOOM CLASS <--	Jihad @ 11am	Woodstock Center 212-575-0693
POETRY CIRCLE --> CLICK HERE FOR ZOOM CLASS <--	Stephanie @ 11am	Clinton Center 212-757-2026
WELLNESS WORKSHOPS Aug 4 - Virtual Video Tour - Sit & Be Fit Aug 11 - Age Related Back Pain Aug 18: - Strength Training at Home Aug 25 - Relationships in the Digital Age -->CLICK HERE FOR ZOOM CLASS<--	Rachel @ 11am	Hamilton Center 212-787-7710
Musical Performance w/ Mark -->CLICK HERE FOR ZOOM CLASS <--	STARTING 8/11 Mark @ 12pm	Woodstock Center 212-575-0693
Spanish --> CLICK HERE FOR ZOOM CLASS <--	Edwin @ 12pm	Hamilton Center 212-787-7710
Sit to Be Fit --> CLICK HERE FOR ZOOM CLASS <--	Dayle @ 1pm	Coffeehouse Center 646-545-4621
Belly Dancing w/ Samara --> CLICK HERE FOR ZOOM CLASS <--	Samara @ 1pm	Clinton Center 212-757-2026
Jewelry Making w/ Dustee --> CLICK HERE FOR ZOOM CLASS <--	Dustee @ 2pm	Coffeehouse Center 646-545-4621
Poetry w/ Chocolate -->CLICK HERE FOR ZOOM CLASS<--	Chocolate @ 2:30pm	Hamilton Center 212-787-7710

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Live ZOOM Classes	Instructor & Time	Host Center
Art Group w/ Jihad -->CLICK HERE FOR ZOOM CLASS <--	Jihad @ 10am	Woodstock Center 212-575-0693
Zumba GOLD --> CLICK HERE FOR ZOOM CLASS <--	Tia @11:30am	Hamilton Center 212-787-7710
POWER OF TECHNOLOGY --> CLICK HERE FOR ZOOM LINK <--	Jihad @11:30am	Coffeehouse Center 646-545-4621
Ted's Piano Bar --> CLICK HERE FOR ZOOM CLASS <--	Ted @1pm	Hamilton Center 212-787-7710
Salsa w/ Natalie -->CLICK HERE FOR ZOOM CLASS<--	Natalie @1pm	Coffeehouse Center 646-545-4621
Strength & Motion --> CLICK HERE FOR ZOOM CLASS <--	Rachel @2pm	Hamilton Center 212-787-7710
Chair Dance --> CLICK HERE FOR ZOOM CLASS<--	Jessica @3pm	Hamilton Center 212-7877710
LET'S TALK COVID-19 NEWS --> CLICK HERE FOR ZOOM CLASS <--	Johnnie @ 4pm	Hamilton Center 212-787-7710

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Thursday's Senior Center Zoom Classes

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Live ZOOM Classes	Instructor & Time	Host Center
BellyBolly Moves --> CLICK HERE FOR ZOOM CLASS <--	Andrea @10am	Hamilton Center 212-787-7710
DISCUSSION GROUP --> CLICK HERE FOR ZOOM CLASS <--	Stephanie @11am	Clinton Center 212-757-2026
Su Casa – Ba Dancing w/ Alice -->CLICK HERE FOR ZOOM CLASS<--	Alice @11am	Coffeehouse Center 646-545-4621
Sing-A-Long w/ Fred --> CLICK HERE FOR ZOOM CLASS <--	Fred @ 11am	Hamilton Center 212-787-7710
Su Casa – Words & Wisdom --> CLICK HERE FOR ZOOM CLASS <--	STARTING 8/13 Su Casa @12pm	Woodstock Center 212-575-0693
LET'S TALK WORLD NEWS --> CLICK HERE FOR ZOOM CLASS <--	Johnnie @12pm	Hamilton Center 212-787-7710
Geoffrey's Art Class --> CLICK HERE FOR ZOOM CLASS <--	Geoffrey @1pm	Hamilton Center 212-787-7710
Sit to Be Fit --> CLICK HERE FOR ZOOM CLASS <--	Dayle @1pm	Woodstock Center 212-575-0693
Meditative Movement --> CLICK HERE FOR ZOOM CLASS <--	Thea @3pm	Hamilton Center 212-787-7710

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Friday's Senior Center Zoom Classes

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Live ZOOM Classes	Instructor & Time	Host Center
Age Perfect with Pilates --> CLICK HERE FOR ZOOM CLASS <--	Dallas @ 10 am	Clinton Center 212-757-2026
TECH TALK --> CLICK HERE FOR ZOOM CLASS <--	Jihad @11am	Woodstock Center 212-575-0693
Nutrition Kitchen --> CLICK HERE FOR ZOOM CLASS -->	Eliza @11am	Hamilton Center 212-787-7710
Navigating the 60's through Music --> CLICK HERE FOR ZOOM CLASS <--	Stephanie @11am	Clinton Center 212-757-2026
Strength & Motion --> CLICK HERE FOR ZOOM CLASS <--	Rachel @12pm	Hamilton 212-787-7710
Piano w/ Koji --> CLICK HERE FOR ZOOM CLASS <--	Koji @ 2pm	Hamilton Center 212-787-7710
Stuff I Never Learned in History -->CLICK HERE FOR ZOOM CLASS <--	Jihad @2pm	Coffeehouse Center 646-545-4621
LET'S TALK - New York Then and Now --> CLICK HERE FOR ZOOM CLASS <--	Johnnie @3pm	Hamilton Center 212-787-7710
FITNESS Q & A --> CLICK HERE FOR ZOOM CLASS <--	STARTING 8/7 Rachel @4pm	Hamilton Center 212-787-7710

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Saturday's Senior Center Zoom Classes

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Live ZOOM Classes	Instructor & Time	Host Center
Salsa w/ Natalie -->CLICK HERE FOR ZOOM CLASS<--	Natalie @ 10am	Woodstock Center 212-575-0693
TAI CHI w/ Ken --> CLICK HERE FOR ZOOM CLASS <--	Ken @ 11am	Hamilton Center 212-787-7710
Belly Dance Class --> CLICK HERE FOR ZOOM CLASS <--	Andrea @ 1pm	Woodstock Center 212-575-0693
Poetry and Movement --> CLICK HERE FOR ZOOM CLASS <--	Navarra @ 1pm	Hamilton Center 212-787-7710
Age Perfect with Pilates --> CLICK HERE FOR ZOOM CLASS <--	Dallas @ 2:30pm	Hamilton Center 212-787-7710

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August's Special Senior Center Activities

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Live ZOOM Classes	Instructor & Time	Host Center
Weekly Benefit Update: Stimulus Check --> CLICK HERE FOR ZOOM CLASS <--	Jalitza @ 10AM Thursday August 20st	Woodstock Center 212-575-0693
Weekly Benefit Update: Food Market Coupons --> CLICK HERE FOR ZOOM CLASS <--	Karen @ 10AM Friday August 21st	Coffeehouse Center 646-545-4621
Woodstock's Theater: Hamilton the Musical --> CLICK HERE FOR ZOOM CLASS <--	Chenal @ 11AM Monday August 17th	Woodstock Center 212-575-0693
Hamilton the Musical Watch Party --> CLICK HERE FOR ZOOM CLASS <--	Stephanie @ 1 PM Friday August 14th	Clinton Center 212-757-2026
Health Talk: Ways to Stay Cool & Hydrated --> CLICK HERE FOR ZOOM CLASS <--	Jihad @ 12:30PM Saturday August 15th	Woodstock Center 212-575-0693

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