

# September



## 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
<b>CURRENT EVENTS HOUR</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Stephanie</b> <b>@ 10am</b>	<b>Clinton Center</b> <b>212-757-2026</b>
<b>Chair Yoga w/ Jennifer</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jennifer</b> <b>@10am</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>ZUMBA GOLD</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Tia</b> <b>@ 11am</b>	<b>Clinton Center</b> <b>212-757-2026</b>
<b>ART GROUP w/ JIHAD</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jihad</b> <b>@ 11am</b>	<b>Coffeehouse Center</b> <b>646-545-4621</b>
<b>Tech Class: Beginner Edition</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Elvis</b> <b>@11am</b>	<b>Woodstock Center</b> <b>212-575-0693</b>
<b>STRENGTH TRAINING</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Rachel</b> <b>@12pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Name that Music Sample</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jihad</b> <b>@12pm</b>	<b>Woodstock Center</b> <b>212-575-0693</b>

**Project FIND Centers will be closed on  
Monday 9/7 for Labor Day**

**Continued →**

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

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Funded by the Department for the Aging for Adults 60 & Over

## Monday's Senior Center Zoom Classes Continued

Live ZOOM Classes	Instructor & Time	Host Center
<b>BollyBelly Moves</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Andrea</b> <b>@1pm</b>	<b>Coffeehouse Center</b> <b>646-545-4621</b>
<b>Cultural Documentary</b> <b>9/14 - 1969</b> <b>9/21 - Janis: Little Girl Blue</b> <b>9/28 -Becoming: Michelle Obama</b>  <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Elvis</b> <b>@1pm</b>	<b>Woodstock Center</b> <b>212-575-0693</b>
<b>Chinese Brush Painting</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jade</b> <b>@ 1pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Computer Class: Google Search</b> <b>Beginners w/ Makeda</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Makeda</b> <b>@ 1pm</b>	<b>Clinton Center</b> <b>212-757-2026</b>
<b>Jewelry Making w/ Dustee</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Dustee</b> <b>@ 2pm</b>	<b>Coffeehouse Center</b> <b>646-545-4621</b>
<b>Food for Thought</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>9/14 &amp; 28</b> <b>Lolly</b> <b>@2:30pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Chair Dance w/ Jessica</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jessica</b> <b>@3pm</b>	<b>Woodstock Center</b> <b>212-575-0693</b>

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# September



## Tuesday's Senior Center Zoom Classes

For DFTA registered adults 60 and over

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Live ZOOM Classes	Instructor & Time	Host Center
<b>Stuff I Never Learned in History</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jihad</b> @ 11am	<b>Woodstock Center</b> 212-575-0693
<b>POETRY CIRCLE</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Stephanie</b> @ 11am	<b>Clinton Center</b> 212-757-2026
<b>WELLNESS WORKSHOPS</b> Sept 1 - Exercise Video Tour -Heart & Soul Fitness Sept 8 - Healthy Aging Month "Around the World" Virtual Fitness Challenge Sept 15 - LAP #1: Destination Peru Sept 22 - LAP #2: Destination Singapore Sept 29 - LAP #3: Destination Switzerland <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Rachel</b> @ 11am	<b>Hamilton Center</b> 212-787-7710
<b>Spanish</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Edwin</b> @ 12pm	<b>Hamilton Center</b> 212-787-7710
<b>Sit to Be Fit</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Dayle</b> @ 1pm	<b>Coffeehouse Center</b> 646-545-4621
<b>Belly Dancing w/ Samara</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Samara</b> @ 1pm	<b>Clinton Center</b> 212-757-2026
<b>Musical Performance w/ Mark</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Mark</b> @ 2pm	<b>Woodstock Center</b> 212-575-0693
<b>Poetry w/ Chocolate</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Chocolate</b> @ 2:30pm	<b>Hamilton Center</b> 212-787-7710
<b>Video Chair Yoga</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Elvis</b> @ 3pm	<b>Woodstock Center</b> 212-575-0693

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

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# September



## Wednesday'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
<a href="#">Art Group w/ Jihad</a> -->CLICK HERE FOR ZOOM CLASS <--	<b>Jihad</b> @ 10am	<b>Woodstock Center</b> 212-575-0693
<a href="#">Chess w/ Jon</a> --> CLICK HERE FOR ZOOM CLASS <--	<b>Jon</b> Sept 9 <sup>th</sup> & 23rd @10:30am	<b>Hamilton Center</b> 212-787-7710
<a href="#">Navigating the 60's through Music</a> --> CLICK HERE FOR ZOOM CLASS <--	<b>Stephanie</b> @11am	<b>Clinton Center</b> 212-757-2026
<a href="#">Life Stories Workshop w/ Lilly</a> -->CLICK HERE FOR ZOOM CLASS <--	<b>Lilly</b> @11am	<b>Woodstock Center</b> 212-575-0693
<a href="#">Zumba GOLD</a> --> CLICK HERE FOR ZOOM CLASS <--	<b>Tia</b> @11:30am	<b>Hamilton Center</b> 212-787-7710
<a href="#">Tech Help w/ Jihad</a> --> CLICK HERE FOR ZOOM LINK <--	<b>Jihad</b> @11:30am	<b>Coffeehouse Center</b> 646-545-4621
<a href="#">Ted's Piano Bar</a> --> CLICK HERE FOR ZOOM CLASS <--	<b>Ted</b> @1pm	<b>Hamilton Center</b> 212-787-7710
<a href="#">Salsa w/ Natalie</a> -->CLICK HERE FOR ZOOM CLASS<--	<b>Natalie</b> @1pm	<b>Coffeehouse Center</b> 646-545-4621
<a href="#">Strength &amp; Motion</a> --> CLICK HERE FOR ZOOM CLASS <--	<b>Rachel</b> @2pm	<b>Hamilton Center</b> 212-787-7710
<a href="#">Mobile Devices Workshop</a> -->CLICK HERE FOR ZOOM CLASS <--	<b>Jihad</b> @2pm	<b>Woodstock Center</b> 212-575-0693
<a href="#">Chair Dance</a> --> CLICK HERE FOR ZOOM CLASS<--	<b>Jessica</b> @3pm	<b>Hamilton Center</b> 212-7877710
<a href="#">LET'S TALK COVID-19 NEWS</a> --> CLICK HERE FOR ZOOM CLASS <--	<b>Johnnie</b> @ 4pm	<b>Hamilton Center</b> 212-787-7710

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

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# September



## Thursday's Senior Center Zoom Classes

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Live ZOOM Classes	Instructor & Time	Host Center
<b>BellyBolly Moves</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Andrea</b> <b>@10am</b> <b>No Class 9/3</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>DISCUSSION GROUP</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Stephanie</b> <b>@11am</b>	<b>Clinton Center</b> <b>212-757-2026</b>
<b>Su Casa – Zumba Chair Dancing w/ Alice</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Alice</b> <b>@11am</b>	<b>Coffeehouse Center</b> <b>646-545-4621</b>
<b>Sing-A-Long w/ Fred</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Fred</b> <b>@ 11am</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Chair Yoga w/ Jennifer</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jennifer</b> <b>@12pm</b> <b>Starts 9/10</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>LET'S TALK WORLD NEWS</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Johnnie</b> <b>@12pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Su-Casa: Words &amp; Wisdom</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Su-Casa</b> <b>@12</b>	<b>Woodstock Center</b> <b>212-575-0693</b>

**Continued →**

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# September



## Thursday's Senior Center Zoom Classes Continued

Live ZOOM Classes	Instructor & Time	Host Center
<b>Geoffrey's Art Class</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Geoffrey</b> <b>@1pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Sit to Be Fit</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Dayle</b> <b>@1pm</b>	<b>Woodstock Center</b> <b>212-575-0693</b>
<b>Health Talk w/ Shawn</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Shawn</b> <b>@1pm</b>	<b>Clinton Center</b> <b>212-757-2026</b>
<b>Hit Movies</b> 9/3 – Harriet 9/10 Once Upon a Time in Hollywood <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Chenal</b> <b>@2pm</b>	<b>Woodstock Center</b> <b>212-575-0693</b>
<b>Meditative Movement</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Thea</b> <b>@3pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Gardening w/ Gwenn</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Gwenn</b> <b>@ 4pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>

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## Friday's Senior Center Zoom Classes

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Live ZOOM Classes	Instructor & Time	Host Center
<b>Age Perfect with Pilates</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Dallas</b> <b>@ 10 am</b>	<b>Clinton Center</b> <b>212-757-2026</b>
<b>What About your Electronic Devices?</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jihad</b> <b>@11am</b>	<b>Woodstock Center</b> <b>212-575-0693</b>
<b>Nutrition Kitchen</b> <b>9/4 – Calcium</b> <b>9/11 - Intuitive Eating &amp; Health</b> <b>At Every Size</b> <b>9/18 - History of Nutrition</b> <b>Recommendations</b> <b>9/25 - Whole Foods Plant</b> <b>Based Diet</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS --&gt;</a>	<b>Eliza</b> <b>@11am</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Story Telling Through Movements</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Lucy</b> <b>@11am</b>	<b>Clinton Center</b> <b>212-757-2026</b>
<b>Strength &amp; Motion</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Rachel</b> <b>@12pm</b>	<b>Hamilton</b> <b>212-787-7710</b>

**Continued →**

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## Friday's Senior Center Zoom Classes Continued

Live ZOOM Classes	Instructor & Time	Host Center
<b>Theater Workshop</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Edwin</b> <b>@1pm</b>	<b>Hamilton</b> <b>212-787-7710</b>
<b>Computer: Zoom for Beginners</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Makeda</b> <b>@ 1pm</b>	<b>Clinton Center</b> <b>212-757-2026</b>
<b>Piano w/ Koji</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Koji</b> <b>@ 2pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Line Dancing w/ Jihad</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jihad</b> <b>@2pm</b>	<b>Coffeehouse Center</b> <b>646-545-4621</b>
<b>LET'S TALK - New York Then and Now</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Johnnie</b> <b>@3pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>FITNESS Q &amp; A</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Rachel</b> <b>@4pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>

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# September



## Saturday's Senior Center Zoom Classes

For DFTA registered adults 60 and over

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Live ZOOM Classes	Instructor & Time	Host Center
<b>Salsa w/ Natalie</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Natalie</b> <b>@ 10am</b>	<b>Woodstock Center</b> <b>212-575-0693</b>
<b>Martial Arts</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>David</b> <b>@10am</b> <b>Starts 9/12</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>TAI CHI w/ Ken</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Ken</b> <b>@ 11am</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Belly Dance Class</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Andrea</b> <b>@ 1pm</b> <b>No Class 9/5</b>	<b>Woodstock Center</b> <b>212-575-0693</b>
<b>Poetry and Movement</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Navarra</b> <b>@ 1pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>
<b>Age Perfect with Pilates</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Dallas</b> <b>@ 2:30pm</b>	<b>Hamilton Center</b> <b>212-787-7710</b>

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# September



## September's Special Senior Center Activities

For DFTA registered adults 60 and over

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Live ZOOM Classes	Instructor & Time	Host Center
<b>Nutrition Education: Healthy Beverages</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Amelia @10AM Wednesday 9/2</b>	<b>Clinton Center 212-757-2026</b>
<b>Health Talks</b> Friday, 9/4@1pm - Cholesterol Friday, 9/25@1pm - Fall Presentation <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Jihad @ 1pm Friday 9/4 &amp; 9/25</b>	<b>Woodstock Center 212-575-0693</b>
<b>Singing w/ Smiles</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>@12pm Thursday 9/10</b>	<b>Hamilton Center 212-787-7710</b>
<b>Magic Show</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>@1pm Friday 9/11</b>	<b>Woodstock Center 212-575-0693</b>
<b>Patriot Day: 9/11 Remembrance</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>@2PM Friday 9/11</b>	<b>Clinton Center 212-757-2026</b>
<b>Broadway Specials</b> Friday, 9/25 @1pm - Driving Miss Daisy Thursday, 9/24 @2pm- Les Misérables <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Friday 9/25 @ 1pm Thursday 9/24 @ 2pm</b>	<b>Woodstock Center 212-575-0693</b>
<b>Virtual Piano w/ Dianne</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Dianne @11AM Monday 9/14</b>	<b>Hamilton Center 212-787-7710</b>
<b>Music Appreciation w/ Vocal Ease</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>@3pm Wednesday 9/16</b>	<b>Woodstock Center 212-575-0693</b>

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# September



## September's Special Activities Continued

Live ZOOM Classes	Instructor & Time	Host Center
<b>Benefit Update: Food Market Coupons</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Karen @ 10AM Thursday 9/17</b>	<b>Coffeehouse Center 646-545-4621</b>
<b>Redesign of NYC Housing Connect: NYC's Portal to Affordable Housing Lotteries</b> <a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a>	<b>Jalitza @ 2PM Thursday 9/17</b>	<b>Woodstock Center 212-575-0693</b>
<b>Spanish Heritage Celebration</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Frida @2pm Friday 9/18</b>	<b>Woodstock Center 212-575-0693</b>
<b>Nutrition Education: Healthy Beverages</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Amelia @1pm Friday 9/18</b>	<b>Woodstock Center 212-575-0693</b>
<b>Townhall Presentation</b> <a href="#">--&gt;CLICK HERE FOR ZOOM CLASS&lt;--</a>	<b>Townhall @3pm Wednesday 9/23</b>	<b>Woodstock Center 212-575-0693</b>

**Continued →**

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# September



## September's Special Activities Continued

Live ZOOM Classes	Instructor & Time	Host Center
<p><b>Tracing your Roots from Home: An Introduction to Researching Family History</b></p> <p><a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a></p>	<p><b>Ackman &amp; Ziff Family Genealogy Institute Center for Jewish History</b></p> <p><b>@12pm Thursday 9/24 &amp; @1pm Wednesday 9/30</b></p>	<p><b>Hamilton Center 212-787-7710 &amp; Clinton Center 212-757-2026</b></p>
<p><b>Movie Matinee: The Greatest Showman</b></p> <p><a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a></p>	<p><b>@2PM Friday 9/25</b></p>	<p><b>Clinton Center 212-757-2026</b></p>
<p><b>Columbia OT Healthy Aging</b></p> <p><a href="#">--&gt; CLICK HERE FOR ZOOM CLASS &lt;--</a></p>	<p><b>Columbia OT @4pm Wednesday 9/30</b></p>	<p><b>Hamilton Center 212-787-7710</b></p>

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