

OCTOBER



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
Chair Yoga w/ Jennifer --> CLICK HERE FOR ZOOM CLASS <--	Jennifer @10am	Hamilton Center 212-787-7710
Computer 101 & Social Media --> CLICK HERE FOR ZOOM CLASS <--	Donald @11am	Hamilton Center 212-787-7710
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
Tech Class: Beginner Edition --> CLICK HERE FOR ZOOM CLASS <--	Elvis @11am	Woodstock Center 212-575-0693
STRENGTH TRAINING -->CLICK HERE FOR ZOOM CLASS<--	Rachel @12pm	Hamilton Center 212-787-7710

**Project FIND Centers will be closed on
Monday 10/12 for Columbus Day**

Continued →

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

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Monday's Senior Center Zoom Classes

Continued

Live ZOOM Classes	Instructor & Time	Host Center
BollyBelly Moves -->CLICK HERE FOR ZOOM CLASS <--	Andrea @1pm	Coffeehouse Center 646-545-4621
Cultural Documentary 10/5 - RBG 10/19 - Judy 10/26 – Amazing Grace --> CLICK HERE FOR ZOOM CLASS <--	Elvis @12pm	Woodstock Center 212-575-0693
Chinese Brush Painting --> CLICK HERE FOR ZOOM CLASS <--	Jade @ 1pm	Hamilton Center 212-787-7710
Computer Class w/ Makeda 10/5 - How Add a Signature Line in Gmail 10/12 – Organizing Windows Desktop 10/19 – YouTube Keyboard Shortcuts 10/26 – Using Google Calendar --> CLICK HERE FOR ZOOM CLASS <--	Makeda @ 1pm	Clinton Center 212-757-2026
Spanish --> CLICK HERE FOR ZOOM CLASS <--	Edwin @ 2pm	Hamilton Center 212-787-7710
Jewelry Making w/ Dustee --> CLICK HERE FOR ZOOM CLASS <--	Dustee Starting 10/19 @ 2pm	Coffeehouse Center 646-545-4621
Food for Thought --> CLICK HERE FOR ZOOM CLASS <--	Lolly 10/5 & 19 @2:30pm	Hamilton Center 212-787-7710
Chair Dance w/ Jessica --> CLICK HERE FOR ZOOM CLASS <--	Jessica @3pm	Woodstock Center 212-575-0693

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Tuesday's Senior Center Zoom Classes

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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
Active Workshops w/ Rachel 10/6 & 20– Kinesio Moves 10/13 & 27 – Next Step Fitness -->CLICK HERE FOR ZOOM CLASS<--	Rachel @ 11am	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
Musical Performance w/ Mark -->CLICK HERE FOR ZOOM CLASS <--	Mark @ 2pm	Woodstock Center 212-575-0693
Poetry w/ Chocolate -->CLICK HERE FOR ZOOM CLASS<--	Chocolate @ 2:30pm	Hamilton Center 212-787-7710
Video Chair Yoga -->CLICK HERE FOR ZOOM CLASS <--	Elvis @ 3pm	Woodstock Center 212-575-0693

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Wednesday's Senior Center Zoom Classes

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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
Chess w/ Jon --> CLICK HERE FOR ZOOM CLASS <--	Jon Oct 7 & 21 @10:30am	Hamilton Center 212-787-7710
Navigating the 60's through Music --> CLICK HERE FOR ZOOM CLASS <--	Stephanie @11am	Clinton Center 212-757-2026
Tech Help w/ Jihad --> CLICK HERE FOR ZOOM LINK <--	Jihad @11am	Coffeehouse Center 646-545-4621
Life Stories Workshop w/ Lilly -->CLICK HERE FOR ZOOM CLASS <--	Lilly @11:30am	Woodstock Center 212-575-0693
Zumba GOLD --> CLICK HERE FOR ZOOM CLASS <--	Tia @11:30am	Hamilton Center 212-787-7710
Spanish for Beginners --> CLICK HERE FOR ZOOM LINK <--	Natalie @12pm	Coffeehouse Center 646-545-4621

Continued →

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Wednesday's Senior Center Zoom Classes Continued

Live ZOOM Classes	Instructor & Time	Host Center
Ted's Piano Bar --> CLICK HERE FOR ZOOM CLASS <--	Ted Returning 10/14 @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
Natural Care w/ Carmen -->CLICK HERE FOR ZOOM CLASS<--	Carmen Starting 10/14 @2pm	Coffeehouse Center 646-545-4621
Mobile Devices Workshop -->CLICK HERE FOR ZOOM CLASS <--	Jihad @2pm	Woodstock Center 212-575-0693
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
Sing-A-Long w/ Fred --> CLICK HERE FOR ZOOM CLASS <--	Fred @ 11am	Hamilton Center 212-787-7710
Chair Yoga w/ Jennifer --> CLICK HERE FOR ZOOM CLASS <--	Jennifer @12pm	Hamilton Center 212-787-7710
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
Hit Movies 10/8 – Holmes & Watson 10/15 – Fantasy Island 10/29 – Halloween Special: The Shining --> CLICK HERE FOR ZOOM CLASS <--	Chenal @2:15pm	Woodstock Center 212-575-0693
Meditative Movement --> CLICK HERE FOR ZOOM CLASS <--	Thea @3pm	Hamilton Center 212-787-7710
Gardening w/ Gwenn --> CLICK HERE FOR ZOOM CLASS <--	Gwenn @ 4pm	Hamilton Center 212-787-7710

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Friday's Senior Center Zoom Classes

For DFTA registered adults 60 and over

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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
What About your Electronic Devices? --> CLICK HERE FOR ZOOM CLASS <--	Jihad @11am	Woodstock Center 212-575-0693
Nutrition Kitchen 10/2 – To Supplement or Not to Supplement 10/9 – Food Safety 10/16 – Season Vegetables & How to Use Them 10/23 – Orthorexia: When Healthy Eating Goes Too Far 10/30 – Trick or Treat: The Truth About Sugar --> CLICK HERE FOR ZOOM CLASS -->	Eliza @11am	Hamilton Center 212-787-7710
Story Telling Through Movements --> CLICK HERE FOR ZOOM CLASS <--	Lucy @11am	Clinton Center 212-757-2026
Morning Piano w/ Koji --> CLICK HERE FOR ZOOM CLASS <--	Koji @ 11am	Woodstock Center 212-575-0693

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

Funded by The Department for the Aging

The Department for the Aging for Adults 60 & Over

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Friday's Senior Center Zoom Classes Continued

Live ZOOM Classes	Instructor & Time	Host Center
Strength & Motion --> CLICK HERE FOR ZOOM CLASS <--	Rachel @12pm	Hamilton 212-787-7710
Theater Workshop --> CLICK HERE FOR ZOOM CLASS <--	Edwin @1pm	Hamilton 212-787-7710
Computer Class w/ Makeda 10/2 - How to use Google Drive 10/9 – How to Host a Zoom Meeting 10/16 – How to use Yahoo! Calendar 10/23 – How to use Word 2020 10/30 – How to Find Virtual Tours Online --> CLICK HERE FOR ZOOM CLASS <--	Makeda @ 1pm	Clinton Center 212-757-2026
Afternoon Piano w/ Koji --> CLICK HERE FOR ZOOM CLASS <--	Koji @ 2pm	Hamilton Center 212-787-7710
LET'S TALK - New York Then and Now --> CLICK HERE FOR ZOOM CLASS <--	Johnnie @3pm	Hamilton Center 212-787-7710
Exercise R&R --> CLICK HERE FOR ZOOM CLASS <--	Rachel @4pm 9:30 on 10/9	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
Martial Arts --> CLICK HERE FOR ZOOM CLASS <--	David @10am	Hamilton Center 212-787-7710
TAI CHI w/ Ken --> CLICK HERE FOR ZOOM CLASS <--	Ken @ 11am	Hamilton Center 212-787-7710
Gifted Hand Workshop w/ Bill -->CLICK HERE FOR ZOOM CLASS<--	Bill Starts 10/10 @ 11am	Woodstock Center 212-575-0693
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 Class on 10/3 moved to Sunday 10/4	Hamilton Center 212-787-7710

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

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October's Special Senior Center Activities

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Live ZOOM Classes	Instructor & Time	Host Center
Hispanic Heritage Month Concert with Mambo Blue Band (Live) -->CLICK HERE FOR ZOOM CLASS<--	@ 2pm Friday 10/2	Clinton Center 212-757-2026
Exercise Class: Total Body Condition W/ Humana -->CLICK HERE FOR ZOOM CLASS<--	@ 1pm Thursday 10/8	Clinton Center 212-757-2026
Hispanic Heritage Month Celebration: West Side Story -->CLICK HERE FOR ZOOM CLASS<--	@ 2pm Friday 10/9	Woodstock Center 212-575-0693
Music Appreciation w/ Vocal Ease -->CLICK HERE FOR ZOOM CLASS<--	@ 3pm Wednesday 10/14	Woodstock Center 212-575-0693
Magic Show -->CLICK HERE FOR ZOOM CLASS<--	@ 1pm Friday 10/16	Woodstock Center 212-575-0693
Benefit Update: Covid19- Social Security Administration Services -->CLICK HERE FOR ZOOM CLASS<--	@ 10am Thursday 10/15	Coffeehouse Center 646-545-4621
Wellness Workshop w/ Rachel --> CLICK HERE FOR ZOOM CLASS <--	@ 9:30am Friday 10/16	Hamilton Center 212-787-7710
Movie Matinee: The Finest Hours --> CLICK HERE FOR ZOOM CLASS <--	@ 2PM Friday 10/16	Clinton Center 212-757-2026

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

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October's Special Activities Continued

Live ZOOM Classes	Instructor & Time	Host Center
Townhall Presentation -->CLICK HERE FOR ZOOM CLASS<--	@ 3pm Wednesday 10/21	Woodstock Center 212-575-0693
Broadway Special CATS -->CLICK HERE FOR ZOOM CLASS<--	@ 2:15pm Friday 10/22	Woodstock Center 212-575-0693
Health Talks Dental Hygiene -->CLICK HERE FOR ZOOM CLASS<--	@ 1pm Friday 10/23	Woodstock Center 212-575-0693
Fitness Q&A w/ Rachel --> CLICK HERE FOR ZOOM CLASS <--	@ 9:30am Friday 10/23	Hamilton Center 212-787-7710
Benefit Update w/ Jalitza: Benefits to Fight Hunger and Better Nutrition --> CLICK HERE FOR ZOOM CLASS <--	@ 1PM Friday 10/30	Woodstock Center 212-575-0693
Dial-In: Healthy Brain. Healthy Sleep. Healthy Fun! Dial-In: +1 929 205 6099 Meeting ID: 9855 177 3953 --> CLICK HERE FOR ZOOM CLASS <--	@ 4pm Wednesdays 9/30 -11/18	Hamilton Center 212-787-7710

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Halloween Horror Film Festival

Live ZOOM Classes	Instructor & Time	Host Center
Beetlejuice -->CLICK HERE FOR ZOOM CLASS<--	@ 2pm Wednesday 10/28	Woodstock Center 212-575-0693
The Shining -->CLICK HERE FOR ZOOM CLASS<--	@ 2pm Thursday 10/29	Coffeehouse Center 646-545-4621
Little Shop of Horrors -->CLICK HERE FOR ZOOM CLASS<--	@ 2pm Friday 10/30	Clinton Center 212-757-2026
Dracula -->CLICK HERE FOR ZOOM CLASS<--	@ 4pm Saturday 10/31	Hamilton Center 212-787-7710



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