



## Virtual Programming Schedule

**Saturday, November 21, 2020 to Sunday, November 29, 2020**

Our programs are funded by DFTA, offered on Zoom, and for adults living in New York City age 60+. For help logging into Zoom, please contact the number listed next to the program. We will assist you.

[Click Here for Project FIND Website](#)

### Saturday, November 21, 2020

Time	Program	Contact #	Login Details
10-11am	Salsa w/Natalie	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 969 3682 3988
10-11am	Martial Arts w/David	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 921 7391 1462
11am-12pm	Tai Chi w/Ken	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 937 0002 2038
11am-12pm	Gifted Hands Workshop w/Bill	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 920 3144 8925
1-2pm	Belly Dancing w/Andrea	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 250 786 7284
<b>12-1pm</b>	<b>Juilliard Curtain Call w/Larissa Leung (Special)</b>	<b>212-787-7710</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 965 1957 5303</b>
2:30-3:30pm	Age Perfect with Pilates w/Dallas	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 8127 4571

### Sunday, November 22, 2020 – No Programming

### Monday, November 23, 2020

Time	Program	Contact #	Login Details
10-11am	Current Events Hour w/Stephanie	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 6052 0200
10-11am	Chair Yoga w/Jennifer	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 928 9664 9919
11am-12pm	Computer & Social Media Support w/Donald	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 916 2255 9789
11am-12pm	Zumba Gold w/Tia	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 970 8701 2898
11am-12pm	Art Group w/Jihad	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 924 4397 2221
12-1pm	Strength Training w/Rachel	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 920 6480 3588
1-2pm	BollyBelly Moves w/Andrea	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 250 786 7284

1-2pm	Chinese Brush Painting w/Jade	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 919 8138 5808
1-2pm	Computer Class w/Makeda	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 938 3682 8003
2-3pm	Spanish w/Edwin	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 2711 0937

### Tuesday, November 24, 2020

Time	Program	Contact #	Login Details
11am-12pm	Poetry Circle w/Stephanie	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 977 5262 8212
11am-12pm	KinesoMoves w/Rachel	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 922 2568 0498
1-2pm	Sit to Be Fit w/Dayle	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 963 6377 4899
1-2pm	Belly Dancing w/Samara	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 931 1950 1950
1:30-2:30pm	Wellness Workshop: Practicing Gratitude for Health w/Rachel	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 922 2568 0498
2:30-3:30pm	Poetry w/Chocolate	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 969 3666 7346
<b>4:15-5:15pm</b>	<b>Calhoun Harmony Music Club: A Virtual Performance (Special)</b>	<b>212-787-7710</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 955 7562 8892</b>

### Wednesday, November 25, 2020

Time	Program	Contact #	Login Details
10-11am	Art Group w/Jihad	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 943 3809 8360
<b>10-11am</b>	<b>Next Step Fitness w/Rachel (New)</b>	<b>212-787-7710</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 922 7441 0452</b>
11am-12pm	Navigating the 70's through Music & History w/Stephanie	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 6052 0200
11:30am-12:30pm	Life Stories Workshop w/Lily	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 317 059 9664
11:30am-12:30pm	ZUMBA Gold w/Tia	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 980 7867 7502
12-1pm	Spanish for Beginners w/Natalie	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 978 3645 3407
1-2pm	Piano Bar w/Ted	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 995 4746 7121
1-2pm	Salsa w/Natalie	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 931 2942 7844

2-3pm	Strength & Motion w/Rachel	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 941 5945 3735
<b>2:15-3:15pm</b>	<b>Natural Care w/Carmen (New)</b>	<b>646-545-4621</b>	<b><a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 945 8274 3252</b>
3-4pm	Chair Dance w/Jessica	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 969 7486 1805
4-5pm	Will Trump work w/Biden as COVID Spreads?	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 951 2891 5758

**Thursday, November 26, 2020**

Time	Program	Contact #	Login Details
<b>NO PROGRAMMING – THANKSGIVING DAY</b>			

**Friday, November 27, 2020**

Time	Program	Contact #	Login Details
10-11am	Age Perfect with Pilates w/Dallas	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 927 0984 1381
11am-12pm	Story Telling Through Movements w/Lucy	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 925 7073 2120
1-2pm	Computer Class w/Makeda	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 938 3682 8003

**Saturday, November 28, 2020**

Time	Program	Contact #	Login Details
10-11am	Salsa w/Natalie	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 969 3682 3988
10-11am	Martial Arts w/David	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 921 7391 1462
11am-12pm	Tai Chi w/Ken	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 937 0002 2038
1-2pm	Belly Dancing w/Andrea	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 250 786 7284
2:30-3:30pm	Age Perfect with Pilates w/Dallas	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 8127 4571

**Sunday, November 29, 2020 – No Programming**