



Virtual Programming Schedule

Saturday, January 9, 2021 to Sunday, January 17, 2021

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, January 9, 2021

Time	Program	Contact #	Login Details
10-11am	Salsa w/Natalie	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 969 3682 3988
10-11am	Martial Arts w/David	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 921 7391 1462
11am-12pm	Tai Chi w/Ken	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 937 0002 2038
12-1pm	Trainer Talk w/Eliza from Nutrition Kitchen (Special)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 937 0002 2038
1-2pm	BollyBelly Moves w/Andrea	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284

Sunday, January 10, 2021 – No Programming

Monday, January 11, 2021

Time	Program	Contact #	Login Details
10-11am	Chair Yoga w/Jennifer	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 928 9664 9919
10-11am	Current Events Hour w/Stephanie	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 952 6052 0200
11am-12pm	Computer Basics w/Donald	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 916 2255 9789
11am-12pm	Zumba Gold w/Tia	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 970 8701 2898
11am-12pm	Art Group w/Jihad	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 924 4397 2221
12-1pm	SPOP: Managing COVID-19, Post-Holiday Blues, & How to Keep Busy at Home w/Lauren (Special)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 979 1105 9840
12-1pm	Strength Training w/Rachel	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 920 6480 3588
1-2pm	BollyBelly Moves w/Andrea	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284

1-2pm	Chinese Brush Painting w/Jade	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 919 8138 5808
2-3pm	Spanish w/Edwin	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 952 2711 0937
3-4pm	Chair Dance w/Jessica	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 955 8345 5897

Tuesday, January 12, 2021

Time	Program	Contact #	Login Details
10-11am	Chair Yoga w/Pam	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 924 2701 9961
11am-12pm	Poetry Circle w/Stephanie	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 977 5262 8212
11am-12pm	KinesoMoves w/Rachel	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498
12-11pm	Senior Center Community Forum (Special)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498
1-2pm	Sit to Be Fit w/Dayle	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 963 6377 4899
1-2pm	Belly Dancing w/Samara	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 931 1950 1950
2:15-3:15pm	Natural Care w/Carmen	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 945 8274 3252
2:30-4pm	Poetry w/Chocolate	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 969 3666 7346
4-5pm	Wellness Workshop: Bone Health w/Rachel	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498

Wednesday, January 13, 2021

Time	Program	Contact #	Login Details
10-11am	Art Group w/Jihad	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 943 3809 8360
10:30-11:30am	Chess w/Jon	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 996 7352 2112
11:30am-12:30pm	ZUMBA Gold w/Tia	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 980 7867 7502
12-1pm	Spanish for Beginners w/Natalie	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 978 3645 3407
1-2pm	Piano Bar w/Ted	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 995 4746 7121
1-2pm	Salsa w/Natalie	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 931 2942 7844
2-3pm	Strength & Motion w/Rachel	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 941 5945 3735
3-4pm	Chair Dance w/Jessica	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 969 7486 1805

4-5pm	Historical Context w/Johnnie: Warlords: Hitler vs Stalin	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 951 2891 5758
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Thursday, January 14, 2021

Time	Program	Contact #	Login Details
10-11am	BellyBolly Moves w/Andrea	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 953 6784 4270
11am-12pm	Discussion Group w/Stephanie	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 967 8284 0949
12-1pm	Chair Yoga w/Jennifer	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 982 1005 0053
12-1pm	Documentary NOW! w/Johnnie: Napoleon Bonaparte	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 978 4317 7470
1-3pm	Art Class w/Geoffrey	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 985 0902 5263
1-2pm	Sit to Be Fit w/Dayle	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 993 4718 2222
3-4pm	Meditative Movement w/Thea	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 958 4682 3235
4-5pm	Gardening w/Gwenn	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 939 2411 7268

Friday, January 15, 2021

Time	Program	Contact #	Login Details
10-11am	Age Perfect with Pilates w/Dallas	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 927 0984 1381
11am-12pm	Nutrition Kitchen w/Eliza Intermittent Fasting	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 978 4901 0079
12-1pm	Strength & Motion w/Rachel	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 950 3733 1227
1-2pm	Theater Workshop w/Edwin	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 968 9882 0903
1-2pm	Computer Class w/Makeda	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 938 3682 8003
2-3pm	Afternoon Piano w/Koji	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 932 3785 2132
2-4pm	Movie Matinee w/Stephanie	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 923 0407 8031
3-5pm	Ready or Not, Movies w/Johnnie: Pandemic Coronavirus	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 992 2900 6620
4-5pm	Exercise R&R w/Rachel	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 967 6404 7290

Saturday, January 16, 2021

Time	Program	Contact #	Login Details
10-11am	Salsa w/Natalie	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 969 3682 3988
10-11am	Martial Arts w/David	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 921 7391 1462
11am-12pm	Tai Chi w/Ken	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 937 0002 2038
1-2pm	BollyBelly Moves w/Andrea	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284
12-1pm	Juilliard Curtain Call w/Jacob Melsha (Special)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 965 1957 5303
2:30-3:30pm	Age Perfect with Pilates w/Dallas	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 952 8127 4571

Sunday, January 17, 2021 – No Programming