



## Virtual Programing Schedule

**Saturday, February 27, 2021 to Sunday, March 7, 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, February 27, 2021

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
11:30am-12:30pm	Gifted Hands w/Bill	212-575-0693	(Use Contact # to RSVP)
1-2pm	BollyBelly Moves 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, February 28, 2021

Time	Program	Contact #	Login Details
11am-12pm	Be Kind to Your-Self-Care w/Sokie	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 922 2568 0498

### Monday, March 1, 2021

Time	Program	Contact #	Login Details
10-11am	Chair Yoga w/Jennifer	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 928 9664 9919
10-11am	Current Events Hour w/Stephanie	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 6052 0200
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	Weekly Update w/Karen: COVID-19 Fraud	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 933 5402 7515
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: 994 7224 8305
2-3pm	Spanish w/Edwin	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 2711 0937
2:15-3:15pm	Jewelry Making w/Dustee	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 953 5909 2373

### Tuesday, March 2, 2021

Time	Program	Contact #	Login Details
10-11am	Chair Yoga w/Pam	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 924 2701 9961
<b>11am-12pm</b>	<b>Musical Performance w/The Harlem Chambers Orchestra (Special)</b>	<b>212-787-7710</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 972 5948 5212</b>
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
11:30am-12:30pm	Reminiscence Group w/Amanda K.	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 988 7580 6557
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
1-2pm	Documentary NOW! w/Johnnie – Inside the Criminal Mind	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 998 6525 2940
2:15-3:15pm	Natural Care w/Carmen	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 945 8274 3252
2:30-4pm	Poetry Writing & Analysis w/Chocolate	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 947 2193 9596

### Wednesday, March 3, 2021

Time	Program	Contact #	Login Details
10:30-11:30am	Chess w/Jon	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 996 7352 2112
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
<b>11:30am-12:30pm</b>	<b>Musical Performance w/American Symphony Orchestra (Special)</b>	<b>212-787-7710</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 972 5948 5212</b>
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	Sing-A-Long w/Ted	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 951 3703 4553

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>3-4pm</b>	<b>Senior Safety w/Office of State Senator Serrano (Special)</b>	<b>212-787-7710</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 945 2623 2039</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	Historical Context w/Johnnie: America's Book of Secrets	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 934 8839 4608

### Thursday, March 4, 2021

Time	Program	Contact #	Login Details
10-11am	BellyBolly Moves w/Andrea	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 953 6784 4270
11am-12pm	Discussion Group w/Stephanie	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 967 8284 0949
12-1pm	Chair Yoga w/Jennifer	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 982 1005 0053
12-1pm	Documentary NOW! w/Johnnie Jackie: Tale of Two Sides	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 998 6525 2940
1-3pm	Art Class w/Geoffrey	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 967 7133 8697
1-2pm	Sit to Be Fit w/Dayle	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 993 4718 2222
<b>2:15-3:15pm</b>	<b>Line Dancing w/Anita (New)</b>	<b>212-575-0693</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 963 7723 2069</b>
3-4pm	Meditative Movement w/Thea	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 958 4682 3235
3-4pm	Contemporary Poetry w/Chocolate	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 947 2193 9596
4-5pm	Gardening w/Gwenn	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 992 2796 2078

### Friday, March 5, 2021

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
12-1pm	Strength & Motion w/Rachel	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 950 3733 1227
1-2pm	Theater Workshop w/Edwin	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 912 7458 7162

1-2pm	Tech Device Discussion w/Makeda	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 938 3682 8003
2-3pm	<b>The Ins and Outs of Medicare - 2021 Updates and Changes w/Dolores C. (Special)</b>	<b>212-787-7710</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 960 6520 5027</b>
3-4pm	Chair Dance w/Jessica	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 955 8345 5897
3-5pm	Movies w/Johnnie: Steve Jobs	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 966 1230 7260
4-5pm	Exercise R&R w/Rachel: Contract Relax Stretching Techniques	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 967 6404 7290

### Saturday, March 6, 2021

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
11:30am-12:30pm	Gifted Hands w/Bill	212-575-0693	<b>(Use Contact # to RSVP)</b>
1-2pm	BollyBelly Moves 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, March 7, 2021

Time	Program	Contact #	Login Details
11am-12pm	Be Kind to Your-Self-Care w/Sokie	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 922 2568 0498