



## Virtual Programing Schedule

**Saturday, May 1, 2021 to Sunday, May 9, 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, May 1, 2021

Time	Program	Contact #	Login Details
10-11am	Salsa w/Natalie N.	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 969 3682 3988
10-11am	Martial Arts w/David S.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 921 7391 1462
11am-12pm	Tai Chi w/Ken G.	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)
<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: 984 4722 6257</b>
1-2pm	Belly Dancing w/Andrea B.	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 F.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 8127 4571

### Sunday, May 2, 2021

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

### Monday, May 3, 2021

Time	Program	Contact #	Login Details
10-11am	Chair Yoga w/Jennifer B.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 928 9664 9919
10-11am	Current Events Hour w/Stephanie F.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 6052 0200
11am-12pm	Documentary NOW! w/Johnnie A.: <i>Children of God</i>	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 998 6525 2940
11am-12pm	Zumba Gold w/Tia H.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 970 8701 2898

12-1pm	Strength Training w/Rachel E.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 920 6480 3588
12-1pm	Musical Performance w/Johnnie A.: <i>Frank Sinatra – Legends in Concert</i> (Recorded Performance)	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 997 6523 1546
1-2pm	BellyBolly Moves w/Andrea B.	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 250 786 7284
1-2pm	Chinese Brush Painting w/Jade L.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 994 7224 8305
2-3pm	Spanish w/Edwin D.	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 H.	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 953 5909 2373
3-4pm	BBC Headline News w/Johnnie A.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 924 0628 4987

### Tuesday, May 4, 2021

Time	Program	Contact #	Login Details
10-11am	Chair Yoga w/Pam Y.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 924 2701 9961
10-11am	Economic History w/Johnnie A.: Socialism	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 997 7331 7171
11am-12pm	KinesoMoves w/Rachel E.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 922 2568 0498
11am-12pm	Poetry Circle w/Stephanie F.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 977 5262 8212
1-2pm	Sit to Be Fit w/Dayle P.	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 963 6377 4899
1-2pm	Belly Dancing w/Samara A.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 931 1950 1950
1-2pm	The History of Bernie Madoff w/Johnnie A.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 924 0628 4987
2:15-3:15pm	Natural Care w/Carmen C.	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 W.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 947 2193 9596

### Wednesday, May 5, 2021

Time	Program	Contact #	Login Details
10:30-11:30am	Chess w/Jon T.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 938 1902 3814
11:30am-12:30pm	Zumba Gold w/Tia H.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 980 7867 7502

11:30am-12:30pm	Famous Historical People w/Johnnie A.: Maya Angelou	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 997 7331 7171
12-1pm	Spanish for Beginners w/Natalie N.	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 931 2942 7844
1-2pm	Sing-A-Long w/Ted M.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 951 3703 4553
1-2pm	Salsa w/Natalie N.	646-545-4621	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 931 2942 7844
2-3pm	Strength & Motion w/Rachel E.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 941 5945 3735
4-5pm	Awareness Through Movement w/Madeline R.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 939 3224 9569

### Thursday, May 6, 2021

Time	Program	Contact #	Login Details
10-11am	BellyBolly Moves w/Andrea B.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 953 6784 4270
11am-12pm	Discussion Group w/Stephanie F.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 967 8284 0949
12am-1:30pm	Steve Wonder Sing-A-Long Karaoke w/Johnnie A.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 998 6525 2940
12-1pm	Chair Yoga w/Jennifer B.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 982 1005 0053
1-2pm	Coping with Insomnia w/Sharon C.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 938 8341 3730
1-3pm	Art Class w/Geoffrey G.	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 P.	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 993 4718 2222
2:15-3:15pm	Line Dancing w/Anita M.	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 993 4718 2222
3-4pm	Meditative Movement w/Thea P.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 958 4682 3235
3-4pm	Contemporary Poetry w/Chocolate W.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 947 2193 9596
<b>3-4pm</b>	<b>Creative Reuse w/Edyta H. (Special)</b>	<b>212-757-2026</b>	<b><a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a></b> <b>Meeting ID: 965 3721 1735</b>
4-5pm	Gardening w/Gwenn F.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 992 2796 2078

### Friday, May 7, 2021

Time	Program	Contact #	Login Details
10-11am	Age Perfect with Pilates w/Dallas F.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 927 0984 1381

10am-12pm	Movies w/Johnnie A.: <i>The Healer</i>	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 966 1230 7260
11am-12pm	Nutrition Kitchen w/Eliza H.: Easy One Pot/Pan Meals	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 978 4901 0079
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 D.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 912 7458 7162
1-2pm	Tech Device Discussion w/Stephanie F.	212-757-2026	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 938 3682 8003
<b>3-4pm</b>	<b>Mother's Day Teatime (Special)</b>	<b>212-787-7710</b>	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> <b>Meeting ID: 974 4588 2249</b>
3-4pm	Chair Dance w/Jessica C.	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 955 8345 5897
4-5pm	Exercise R&R: Reiki w/Boshko B.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 967 6404 7290

### Saturday, May 8, 2021

Time	Program	Contact #	Login Details
10-11am	Salsa w/Natalie N.	212-575-0693	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 969 3682 3988
10-11am	Martial Arts w/David S.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 921 7391 1462
11am-12pm	Tai Chi w/Ken G.	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	Belly Dancing w/Andrea B.	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 F.	212-787-7710	<a href="#">--&gt; CLICK HERE TO JOIN &lt;--</a> Meeting ID: 952 8127 4571

### Sunday, May 9, 2021

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