




Virtual Programing Schedule

Saturday, July 17, 2021 to Sunday, July 25, 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.

Classes denoted with the  icon are in person, via RSVP, as well as on Zoom.

[Click Here for Project FIND Website](#)

Saturday, July 17, 2021

Time	Program	Contact #	Login Details
10-10:50am	Salsa w/Natalie N.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 969 3682 3988
10-10:50am	Martial Arts w/David S.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 921 7391 1462
11:30am- 12:30pm	Gifted Hands w/Bill	212-575-0693 <i>(Call to RSVP)</i>	(RSVP Only)
1-1:50pm	Belly Dancing w/Andrea B.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284

Sunday, July 18, 2021




Time	Program	Contact #	Login Details
10-10:50am	Meditation Class w/Mariana C.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 918 8367 4850
11-11:50am	Be Kind to Your-Self-Care w/Sokie L.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498






Monday, July 19, 2021

Time	Program	Contact #	Login Details
10-10:50am	Chair Yoga w/Jennifer B.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 928 9664 9919
10-10:50am	Current Events Hour w/Stephanie F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 952 6052 0200
10-10:50am	BBC Current Events w/Johnnie A	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 858 0502 4352
10:30-11:30am	Bingo w/Jihad M.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 894 0652 7482
11-11:50am	Documentary NOW! w/Johnnie A.: <i>WW2 In Color- Pearl Harbor</i>	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 966 1230 7260

11-11:50am 	Tech Talk w/David S.: Social Media	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
11-11:50am	Zumba Gold w/Tia H.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 970 8701 2898
12-12:50pm 	Abstract Art w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 963 9014 6417
1-2pm	BellyBolly Moves w/Andrea B.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284
1-1:50pm	Chinese Brush Painting w/Jade L.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 994 7224 8305
1-1:50pm	Age Perfect with Pilates w/Dallas F.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 952 8127 4571
1:30-3pm 	Tech Talk w/David S.: Computer Lab	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
2-2:50pm 	Spanish w/Edwin D.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 952 2711 0937
3-4:50pm 	Art Studio w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 981 5437 9946



Tuesday, July 20, 2021

Time	Program	Contact #	Login Details
9:30am-5pm 	Computer Lab at Clinton	212-757-2026 (Call to RSVP)	<i>In-Person Only</i>
10-10:50am	21 st Century Historical People w/Johnnie A	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 833 8156 0779
10-10:50am	Chair Yoga w/Pam Y.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 924 2701 9961
10:30-11:30am	Natural Care w/Carmen C.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 945 8274 3252
11-11:50am 	Tech Talk w/David S.: Technology Usage	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
11-11:50am	Poetry Circle w/Stephanie F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 977 5262 8212
11:30am-12:20pm	Documentary NOW! w/Johnnie A.: <i>WW2 In Color- Midway</i>	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 966 1230 7260
11:30am-12:30pm	Tech Class w/Jihad M.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 891 2251 9073
1-2pm	Sit to Be Fit w/Dayle P.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 963 6377 4899
1-1:50pm	Belly Dancing w/Samara A.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 931 1950 1950
1-1:50pm 	Art with Recyclables w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 985 6549 2345

1:30-3pm 	Tech Talk w/David S.: Computer Lab	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
1:30- 2:30pm 	Gardening	212-575-0693 (Call to RSVP)	<i>In-Person Only</i>
2-2:50pm 	Week #1: Evidence-Based Tai Chi for Arthritis w/Ken G. (Registration Only)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 937 0002 2038
2:30-4pm 	Poetry Writing & Analysis w/Chocolate W.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 947 2193 9596
3-3:50pm	History Hour w/Johnnie A	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 895 6935 9070
4-4:50pm 	Art Studio w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 981 5437 9946

Wednesday, July 21, 2021

Time	Program	Contact #	Login Details
9:30am-5pm 	Computer Lab at Clinton	212-757-2026 (Call to RSVP)	<i>In-Person Only</i>
10-11am 	Chair Yoga w/Stephanie F.	212-757-2026 (Call to RSVP)	<i>In-Person Only</i>
11am-12pm 	Garden Club w/Sallie S.	212-757-2026 (Call to RSVP)	<i>In-Person Only</i>
11-11:50am 	Tech Talk w/David S.: Internet Navigation Skills	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
11:30am- 12:20pm	Zumba Gold w/Tia H.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 980 7867 7502
11:30am- 12:20pm 	Abstract Art w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 963 9014 6417
12-12:50pm 	Chess w/Jon T. (New Time)	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
12-1pm	Spanish for Beginners w/Natalie N.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 931 2942 7844
1-2pm 	Theater Workshop w/Zoe W.	212-575-0693 (Call to RSVP)	<i>In-Person Only</i>
1-1:50pm 	Sing-A-Long w/Ted M.	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
1-1:50pm 	Nutrition Kitchen w/Elyse S., R.D.: Plant-Based Carnivores	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498
1-2pm	Salsa w/Natalie N.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 931 2942 7844
1:30-3pm 	Tech Talk w/David S.: Computer Lab	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
2-2:50pm 	Wellness Trivia (Special)	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>

2-2:50pm	Ancient Medicinal Remedies w/Ramona M.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 948 2786 3175
3-4:50pm 	Art Studio w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 981 5437 9946
3:30-4:30pm	Let's Talk Vegetables w/ Grow NYC : Summer Squashes (Special)	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 993 0341 2953
4-4:50pm 	Awareness Through Movement w/Madeline R.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 939 3224 9569

Thursday, July 22, 2021

Time	Program	Contact #	Login Details
9:30am-5pm 	Computer Lab at Clinton	212-757-2026 (Call to RSVP)	<i>In-Person Only</i>
10-10:50am	BBC Current Events w/Johnnie A	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 858 0502 4352
11-11:50am 	BellyBolly Moves w/Andrea B.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 953 6784 4270
11-11:50am 	Tech Talk w/David S.: Computer Basics	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
11-11:50am 	Discussion Group w/Stephanie F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 967 8284 0949
1-1:50pm 	Yoga Philosophy w/Jennifer B.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 982 1005 0053
1-3pm 	Art Class w/Geoffrey G.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 967 7133 8697
1-2pm	Sit to Be Fit w/Dayle P.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 993 4718 2222
1-2pm 	Jewelry Making w/Dustee H.	646-545-4621 (Call to RSVP)	<i>In-Person Only</i>
1:30-3pm 	Tech Talk w/David S.: Computer Lab	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
2-2:50pm 	Week #1: Evidence-Based Tai Chi for Arthritis w/Ken G. (Registration Only)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 937 0002 2038
2:15-3:15pm	Line Dancing w/Anita M.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 993 4718 2222
3-3:50pm 	Meditative Movement w/Thea P.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 958 4682 3235
3-3:50pm 	Contemporary Poetry w/Chocolate W.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 947 2193 9596
4-4:50pm 	Gardening w/Gwenn F.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 992 2796 2078

Friday, July 23, 2021

Time	Program	Contact #	Login Details
10-10:50am	Age Perfect with Pilates w/Dallas F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 927 0984 1381
10-10:50am 	Art with Recyclables w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 985 6549 2345
11-11:50am 	Tech Talk w/David S.: How to Work with Google Apps	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
11am-12pm 	Chair Yoga w/Stephanie F.	212-757-2026 (Call to RSVP)	<i>In-Person Only</i>
11-11:50am 	Nutrition Kitchen w/Eliza H., R.D.: Food Fads & Eating Trends	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498
1-1:50pm 	Strength & Balance w/Rachel E.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 950 3733 1227
1-1:50pm 	Theater Workshop w/Edwin D.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 912 7458 7162
1-1:50pm	Tech Device Discussion w/Stephanie F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 938 3682 8003
1:30-3pm 	Tech Talk w/David S.: Computer Lab	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
2-4:30pm	Movie Matinee w/Stephanie F.: <i>The Goldfinch</i>	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 923 0407 8031
3-5pm 	Art Studio w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 981 5437 9946
3-5pm	Movie Show w/Johnnie A.: <i>The Terminal</i>	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 824 6829 5656
4-4:50pm	Reiki w/Boshko B.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 967 6404 7290
4-4:50pm 	Piano w/Koji O.	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>

Saturday, July 24, 2021

Time	Program	Contact #	Login Details
10-11am	Salsa w/Natalie N.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 969 3682 3988
10-10:50am	Martial Arts w/David S.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 921 7391 1462
11-11:50am	Qigong w/Ken G. (New)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 937 0002 2038

11:30am- 12:30pm	Gifted Hands w/Bill	212-575-0693 <i>(Call to RSVP)</i>	(RSVP Only)
1-2pm	Belly Dancing w/Andrea B.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284

Sunday, July 26, 2021

Time	Program	Contact #	Login Details
10-11am	Meditation Class w/Mariana C.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 918 8367 4850
11-11:50am	Be Kind to Your-Self-Care w/Sokie L.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498