




Virtual Programing Schedule

Saturday, July 31, 2021 to Sunday, August 8, 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 31, 2021


Time	Program	Contact #	Login Details
10-11am	Martial Arts w/David S.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 921 7391 1462
10-11am	Salsa w/Natalie N.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 969 3682 3988
11am-12pm	Qigong w/Ken G.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 937 0002 2038
11:30am-12:30pm	Gifted Hands w/Bill	212-575-0693 (Call to RSVP)	(RSVP Only)
1-2pm	Belly Dancing w/Andrea B.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284

Sunday, August 1, 2021





Time	Program	Contact #	Login Details
10-11am	Meditation Class w/Mariana B.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 918 8367 4850
11:30am-12:30pm	Be Kind to Your-Self-Care w/Sokie L.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498





Monday, August 2, 2021

Time	Program	Contact #	Login Details
10-11am	Chair Yoga w/Jennifer B.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 928 9664 9919
10-11am	Current Events Hour w/Stephanie F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 952 6052 0200
10:30-11:30am	Bingo w/Jihad M.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 894 0652 7482
11-12pm 	Tech Talk w/David S.: Social Media	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
11-12pm	Zumba Gold w/Tia H.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 970 8701 2898

11:30am-12:30pm 	Music to Dine For w/Dianne C.	212-787-7710	<i>In-Person Only</i>
12-1pm 	Abstract Art w/Susan M.	212-787-7710 <i>(Call to RSVP)</i>	--> CLICK HERE TO JOIN <-- Meeting ID: 963 9014 6417
1-2pm	Concerts in Motion: Motown, Soul, and R&B (Virtual Concerts)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 964 8502 3812
1-2pm	Age Perfect with Pilates w/Dallas F.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 952 8127 4571
1-2pm	BellyBolly Moves w/Andrea B.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284
1-2pm 	Poetry w/Maggie M.	212-575-0693 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
1:30-3pm 	Tech Talk w/David S.: Computer Lab	212-787-7710 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
2:30-4pm	Documentary Series w/Woodstock	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 961 3276 9624
2-4pm 	Art Studio at the Annex w/Susan M.	212-787-7710	<i>In-Person Only</i>


Tuesday, August 3, 2021

Time	Program	Contact #	Login Details
9:30am-5pm 	Computer Lab at Clinton	212-757-2026 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
10-11am	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
11-12pm 	Tech Talk w/David S.: Technology Usage	212-787-7710 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
11-12pm	Poetry Circle w/Stephanie F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 977 5262 8212
11-12pm 	Coffee Talk: A Morning Chat Group w/Johnnie A.	212-787-7710 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
11:30am-12:30pm	Tech Class w/Jihad M.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 891 2251 9073
1-2pm	Belly Dancing w/Teri A.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 931 1950 1950
1-2pm	Concerts in Motion: Motown, Soul, and R&B (Virtual Concerts)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 964 8502 3812
1-2pm	Sit to Be Fit w/Dayle P.	646-545-4621	--> CLICK HERE TO JOIN <-- Meeting ID: 963 6377 4899
1:30-2:30pm 	Gardening w/Catherine D.	212-575-0693 <i>(Call to RSVP)</i>	<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>
2-3pm 	Week #3: Evidence-Based Tai Chi for Arthritis w/Ken G. (Registration Closed)	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
4-5pm 	Art Studio at the Annex w/Susan M.	212-787-7710	<i>In-Person Only</i>

Wednesday, August 4, 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>
11-12pm 	Tech Talk w/David S.: Internet Navigation Skills	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
11am-12pm 	Bingo w/Jihad M.	212-575-0693 (Call to RSVP)	<i>In-Person Only</i>
11:30am- 12:30pm	Zumba Gold w/Tia H.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 980 7867 7502
11:30am- 12:30pm 	Abstract Art w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 963 9014 6417
12-1pm 	Tech w/Jihad M.	212-575-0693 (Call to RSVP)	<i>In-Person Only</i>
12-1pm 	Chess w/Jon T.	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
1-2pm 	Sing-A-Long w/Ted M.	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
1-2pm 	Nutrition Kitchen w/Elyse S., R.D	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 978 4901 0079
1-2pm 	Theater Workshop w/Zoe W.	212-575-0693 (Call to RSVP)	<i>In-Person Only</i>
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>
2-3pm 	KinesoMoves w/Rachel E	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498
2-3pm	Ancient Medicinal Remedies w/Ramona M.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 948 2786 3175
2-3pm 	Advanced Knitting & Crochet Club w/Stephanie F.	212-757-2026 (Call to RSVP)	<i>In-Person Only</i>

3-5pm 	Art Studio at the Annex w/Susan M.	212-787-7710	<i>In-Person Only</i>
4-5pm	Awareness Through Movement w/Madeline R.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 939 3224 9569

Thursday, August 5, 2021

Time	Program	Contact #	Login Details
9:30am-5pm 	Computer Lab at Clinton	212-757-2026 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
11-12pm 	BellyBolly Moves w/Andrea B.	212-787-7710 <i>(Call to RSVP)</i>	--> CLICK HERE TO JOIN <-- Meeting ID: 953 6784 4270
11-12pm 	Tech Talk w/David S.: Computer Basics	212-787-7710 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
11-12pm 	Discussion Group w/Stephanie F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 967 8284 0949
12-1pm 	Men's Group w/Johnnie A.	212-787-7710 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
1-2pm	Yoga Philosophy w/Jennifer B.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 982 1005 0053
1-2pm	Concerts in Motion: Motown, Soul, and R&B (Virtual Concerts)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 964 8502 3812
1-2pm	Sit to Be Fit w/Dayle P.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 993 4718 2222
1-3pm 	Art Class w/Geoffrey G.	212-787-7710 <i>(Call to RSVP)</i>	--> CLICK HERE TO JOIN <-- Meeting ID: 967 7133 8697
1:30-3pm 	Tech Talk w/David S.: Computer Lab	212-787-7710 <i>(Call to RSVP)</i>	<i>In-Person Only</i>
2-3pm 	Week #3: Evidence-Based Tai Chi for Arthritis w/Ken G. (Registration Closed)	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
3-4pm 	Meditative Movement w/Thea P.	212-787-7710 <i>(Call to RSVP)</i>	--> CLICK HERE TO JOIN <-- Meeting ID: 958 4682 3235
3-4pm 	Contemporary Poetry w/Chocolate W.	212-787-7710 <i>(Call to RSVP)</i>	--> CLICK HERE TO JOIN <-- Meeting ID: 947 2193 9596
4-5pm	Teens Teaching Technology: Google Apps (Special)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 833 4580 9425
4-5pm 	Gardening w/Gwenn F.	212-787-7710 <i>(Call to RSVP)</i>	--> CLICK HERE TO JOIN <-- Meeting ID: 992 2796 2078

Friday, August 6, 2021

Time	Program	Contact #	Login Details
10-11am	Age Perfect with Pilates w/Dallas F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 927 0984 1381
10-11am 	Art with Recyclables w/Susan M.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 985 6549 2345
11-12pm 	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>
1-2pm 	Strength & Balance w/Rachel E.	212-787-7710 (Call to RSVP)	--> CLICK HERE TO JOIN <-- Meeting ID: 950 3733 1227
1-2pm	Concerts in Motion: Motown, Soul, and R&B (Virtual Concerts)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 964 8502 3812
1-2pm	Tech Device Discussion w/Stephanie F.	212-757-2026	--> CLICK HERE TO JOIN <-- Meeting ID: 938 3682 8003
1-3pm	Movie of the Day w/Woodstock	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 948 7368 6448
1:30-3pm 	Tech Talk w/David S.: Computer Lab	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>
2-3pm	Life Planning w/Volunteers of Legal Service (Special)	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 838 0741 6120
2-4pm 	Art Studio at the Annex w/Susan M.	212-787-7710	<i>In-Person Only</i>
4-5pm 	Piano w/Koji O.	212-787-7710 (Call to RSVP)	<i>In-Person Only</i>

Saturday, August 7, 2021

Time	Program	Contact #	Login Details
10-11am	Martial Arts w/David S.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 921 7391 1462
10-11am	Salsa w/Natalie N.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 969 3682 3988
11-12pm	Qigong w/Ken G.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 937 0002 2038
1-2pm	Belly Dancing w/Andrea B.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 250 786 7284

Sunday, August 8, 2021

Time	Program	Contact #	Login Details
10-11am	Meditation Class w/Mariana B.	212-575-0693	--> CLICK HERE TO JOIN <-- Meeting ID: 918 8367 4850
11-12pm	Be Kind to Your-Self-Care w/Sokie L.	212-787-7710	--> CLICK HERE TO JOIN <-- Meeting ID: 922 2568 0498