

Village View NORC
189 Allen St. Neighborhood Center
Meltzer Center
Houston Street Center

UNIVERSITY **U** **SETTLEMENT** **S** **LEARN - OLDER ADULTS PROGRAMS**

LEARN - Longevity through Education, Art, Recreation, and Nutrition.

JULY 2021

Video Class by Zoom 【Click the link to join, or enter the meeting ID on the Zoom app】

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am w/Mary 【No class on 7/5】 Resistance Band Workout Meeting ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:00am w/James Better Bones Meeting ID: 885 4607 2041 https://us02web.zoom.us/j/88546072041	9:45am w/Henry Ballroom Dance Meeting ID: 817 9769 9328 https://us02web.zoom.us/j/81797699328	9:00am w/James Dynamic Stretch Meeting ID: 885 4607 2041 https://us02web.zoom.us/j/88546072041	9:45am w/Yelitza Strength & Endurance Meeting ID: 878 2260 0852 https://us02web.zoom.us/j/87822600852	11:15am w/Denise 【No class on 7/3】 ZOOMba Meeting ID: 839 5593 1071 https://us02web.zoom.us/j/83955931071
9:45am w/Henry 【No class on 7/5】 Ballroom Dance Meeting ID: 817 9769 9328 https://us02web.zoom.us/j/81797699328	10:00am w/Mary Pilates Meeting ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	10:00am w/Yelitza Retro Body Fitness Meeting ID: 878 2260 0852 https://us02web.zoom.us/j/87822600852	10:00am w/Demetra Healthy Heart Exercise Meeting ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639	11:00am w/Lisa Knit and Crochet Meeting ID: 871 0069 0816 https://us02web.zoom.us/j/87100690816	*7/10, 7/24 10:00am w/Zixiao English Conversation Class (Mandarin) Meeting ID: 833 5741 2592 https://us02web.zoom.us/j/83357412592
*7/12 11:00am Pedestrian Safety Workshop (Spanish) Meeting ID: 850 8899 1400 https://us02web.zoom.us/j/85088991400	1:00pm w/Omi Arts and Crafts Meeting ID: 870 0716 2767 https://us02web.zoom.us/j/87007162767?pwd=MzNVbTVKRdVlQ3FtaDZka29YbVZydz09	1:00pm w/Concerts in Motion Chinese Concert Meeting ID: 829 0688 1632 https://us02web.zoom.us/j/82906881632	*7/8 1:00pm Emergency Preparedness Presentation (English) Meeting ID: 835 6707 4733 Passcode: 687407 https://nycem-nyc.zoom.us/j/83567074733?pwd=VFN1VGRvY25NU3BwYkc0REN2Yy9rdz09	3:00pm w/Khrystyna Mindfulness and Meditation Meeting ID: 867 8695 6959 https://us02web.zoom.us/j/86786956959	
*7/19, 7/26 10:30am Nutrition Presentation (English) Meeting ID: 858 3939 4527 https://us02web.zoom.us/j/85839394527	3:00pm w/Julia 【No class on 7/6】 Chair Yoga Meeting ID: 843 6575 3249 https://us02web.zoom.us/j/84365753249	3:00pm w/Denise ZOOMba Meeting ID: 839 5593 1071 https://us02web.zoom.us/j/83955931071			
*7/19 2:00pm MOCA: Golden Venture (Chinese) Meeting ID: 869 4028 8906 https://us02web.zoom.us/j/86940288906					

* No class on 7/5 in observance of Independence Day.

* Generously Funded by NYS Office for the Aging & NYC Department for the Aging.

See the schedule for in-person, hybrid, and phone classes on the next page.

In-person class & activity at 189 Allen St. Neighborhood Center

Monday	Tuesday	Wednesday	Thursday	Friday
10:00am Tai Chi w/ <i>Annie</i>	11:00am Blood pressure screening	11:00am Latino Club in Spanish	11:00am Blood pressure screening	1:00pm Movie Time
11:00am Virtual Travel Club in English				
Tech support is available Monday through Wednesday between 1 pm - 3 pm, please call to sign up.				

Hybrid class at 189 Allen St. Neighborhood Center

【The instructor teaches class from home using Zoom, and the members join the Zoom class together in the center】

- ◆ **Every Wednesday, 3:00pm ZOOMba** w/ *Denise*
- ◆ **7/8 1:00pm** Emergency Preparedness Presentation (English)
- ◆ **7/12 11:00am** Pedestrian Safety Workshop (Spanish)
- ◆ **7/19, 7/26 10:30am** Nutrition Presentation (English)

☀ **Everyone is required to wear face masks in the center.**

☀ **Neighborhood Center (189 Allen Street) is providing Grab-and-Go meals for \$1.00 suggested contribution Monday-Friday at 12pm for older adults ages 60+ (pre-registration required, please sign up at the office or call 212-473-8217).**


☀ **All Centers are closed on 7/5 in observance of Independence Day.**

Wellness Together Phone Class in Cantonese, please call to sign up.

- ◆ **7/9, Friday, 2pm-3pm: Stomach Cancer Prevention**
- ◆ **7/23, Friday, 2pm-3pm: Diabetes Management**


Virtual classes are open to all USS members 60+ and 50+ if you're part of Houston Street Center, please register to classes and events.

Village View NORC

 **212-475-0150**


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189 Allen St. Neighborhood Center


 **212-473-8217**

 olderadults@universitysettlement.org

Meltzer Center

 **212-253-5624**

Houston Street Center

 **212-475-5008**

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