

Health, Art, Recreation and Technology. Come be "young at HeART" with us!

Senior HeART Program is a health and wellness program committed to building an "age-friendly" community by engaging adults 50+ with activities that emphasize physical activity, creative expression, peer support and community building.

Health
健康

Art
藝術

Recreation
娛樂

Technology
技術



Senior HeART offers FREE in-person and online classes.

Please call [212-475-5008](tel:212-475-5008) or email heart@universitysettlement.org to register for classes.

In-person Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	11:00am - 11:45am Tech Support <i>By appointment only, please call to make appointment.</i>	10:00am - 11:30am <i>w/Henry</i> Basic Ballroom Dance (in Mandarin) <i>Limited spots, must sign up</i>	9:30am - 10:30am <i>w/Demetra</i> Chair Stretch Exercise	10:00am - 11:30am <i>w/Henry</i> Samba (in Mandarin) <i>Limited spots, must sign up</i>
		11:00am - 11:45am 1:00pm - 1:45pm Tech Support <i>By appointment only, please call to make appointment.</i>	1:00pm - 2:30pm <i>w/Henry</i> Cha Cha (in Mandarin) <i>Limited spots, must sign up</i>	

Online Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am w/ Mary Resistance Band Workout Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:30am w/ Dawn Dance Fitness Zoom ID: 854 3183 4805 https://us02web.zoom.us/j/85431834805	9:30am w/ Mary Pilates [No class on 8/24, 8/31] Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:30am w/ Demetra Chair Stretch Exercise Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639	9:30am w/ Yelitza Strength & Endurance Zoom ID: 878 2260 0852 https://us02web.zoom.us/j/87822600852	10:00am w/ James Dynamic Stretch Zoom ID: 822 9471 9185 https://us02web.zoom.us/j/82294719185
	10:00am w/ James Better Bones Zoom ID: 893 4026 6442 https://us02web.zoom.us/j/89340266442	1:00pm w/ Concerts in Motion Chinese Concert Zoom ID: 829 0688 1632 https://us02web.zoom.us/j/82906881632	10:45am w/ Demetra Healthy Heart Exercise Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639		

How to Join a Zoom class:
Click the link to join, or enter the meeting ID on the Zoom app.

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Senior HeART 長者藝文健康活動項目是一個致力於提升50歲以上長者健康和生活質素的項目，提供各種有益身心健康且富有創意的課程及活動。

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長者藝文健康活動計劃提供免費面對面實體課程和網絡課程。

請撥打 212-475-5008 或電郵至 heart@universitysettlement.org 報名。

面對面實體課

星期一	星期二	星期三	星期四	星期五
	11:00am - 11:45am 電腦、平板、手機 技術輔導 [必須提前電話預約]	10:00am - 11:30am w/Henry 韓老師 交誼舞 (普通話授課) [名額有限, 必須提前報名]	9:30am - 10:30am w/Demetra 椅子運動	10:00am - 11:30am w/Henry 韓老師 桑巴舞 (普通話授課) [名額有限, 必須提前報名]
		11:00am - 11:45am 1:00pm - 1:45pm 電腦、平板、手機 技術輔導 [必須提前電話預約]	1:00pm - 2:30pm w/Henry 韓老師 恰恰舞 (普通話授課) [名額有限, 必須提前報名]	

網絡課程

星期一	星期二	星期三	星期四	星期五	星期六
9:30am w/ Mary 彈力帶運動 (英語、廣東話授課) Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:30am w/ Dawn 有氧健身舞 Zoom ID: 854 3183 4805 https://us02web.zoom.us/j/85431834805	9:30am w/ Mary 普拉提 [8/24, 8/31 課程暫停] Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:30am w/ Demetra 椅子運動 Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639	9:30am w/ Yelitza 耐力與體力訓練 Zoom ID: 878 2260 0852 https://us02web.zoom.us/j/87822600852	10:00am w/ James 動態拉伸運動 Zoom ID: 822 9471 9185 https://us02web.zoom.us/j/82294719185
	10:00am w/ James 強健骨骼鍛煉 Zoom ID: 893 4026 6442 https://us02web.zoom.us/j/89340266442	1:00pm w/ Concerts in Motion 中文音樂會 Zoom ID: 829 0688 1632 https://us02web.zoom.us/j/82906881632	10:45am w/ Demetra 身心健康操 Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639		

如何參加網絡課程:

方法一: 點擊課程下方的鏈接直接進入Zoom參加課程;

方法二: 在電腦、平板或者智能手機上打開Zoom應用程序, 輸入課程的Zoom ID (會議號) 即可登錄參加課程。