

Senior HeART

**Late Fall Session
December 2022**

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

Art

Recreation

Technology



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.

* There is no class from December 24th to December 26th in observance of Christmas, and no class from December 30th to December 31st in observance of New Year’s Day.

In-person Class

Monday	Tuesday	Wednesday	Thursday	Friday
9:30am - 10:30am w/ Mary Resistance Band Workout [No class on 12/26]	10:00am - 11:00am w/Dawn Zumba [No class on 12/27]	9:30am - 10:30am w/ Mary Pilates	11:00am - 11:45am 12:00pm-12:45pm Tech Support (By appointment only)	11:00am - 11:45am Tech Support (By appointment only) [No class on 12/30]
11:00am - 11:45am Tech Support (By appointment only) [No class on 12/26]	1:00pm - 2:30pm w/Henry Taiwan Tango (in Mandarin)	10:30am - 12:00pm w/Henry Cha Cha (in Mandarin)	1:00pm - 2:30pm w/Henry Foxtrot Dance (in Mandarin)	

Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
* 12/19 2:00pm - 3:00pm VNS Health Workshop - Breast Cancer Screening and Prevention [Online, Zoom ID: 212 619 3073]			* 12/15 1:00pm - 2:00pm VNS Health Workshop - Mental Health: Mind Your Gap, Watch the Step [Online, Zoom ID: 986 5578 1205]	* 12/2 9:30am- 10:30am Friday with US - Dance to the oldies [In-person]
			* 12/15 4:00pm - 6:00pm Houston Street Center Holiday Party [In-person, please RSVP]	

LEARN Online Class via Zoom

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am w/ Mary Resistance Band Workout Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924 [No class on 12/26]	9:00am w/ Demetra SAIL Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639	9:30am w/ Mary Pilates Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:00am w/ Demetra SAIL Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639	9:30am w/ Yelitzza Strength & Endurance Zoom ID: 878 2260 0852 https://us02web.zoom.us/j/87822600852 [No class on 12/30]	10:00am w/ James Dynamic Stretch Zoom ID: 822 9471 9185 https://us02web.zoom.us/j/82294719185 [No class on 12/24 & 12/31]
	10:00am w/ Dawn Zumba Zoom ID: 854 3183 4805 https://us02web.zoom.us/j/85431834805 [No class on 12/27]	1:00pm w/ Concerts in Motion Chinese Concert Zoom ID: 829 0688 1632 https://us02web.zoom.us/j/82906881632 [No class on 12/28]			
	10:00am w/ James Better Bones Zoom ID: 893 4026 6442 https://us02web.zoom.us/j/89340266442				

長者藝文健康活動

保持年輕有活力的心態!

2022年秋季第二期
12月課程表

Senior HeART 長者藝文健康活動是一個致力於提升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。

Health
健康

Art
藝術

Recreation
娛樂

Technology
科技



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。

* 12月24、25、26日 (星期六至星期一) 聖誕節假期, 12月30、31日 (星期五至星期六) 新年假期, 所有活動和課程暫停。

面對面實體課				
星期一	星期二	星期三	星期四	星期五
9:30am-10:30am w/ Mary 彈力帶運動 【12/26 課程暫停】	10:00am - 11:00am w/Dawn 尊巴健身舞 【12/27 課程暫停】	9:30am-10:30am w/ Mary 普拉提	11:00am - 11:45am 12:00pm - 1:00pm 電腦、平板、手機輔導 (必須提前預約)	11:00am - 11:45am 電腦、平板、手機輔導 (必須提前預約)
11:00am - 11:45am 電腦、平板、手機輔導 (必須提前預約)	1:00pm - 2:30pm w/Henry 韓老師 台灣探戈 (普通話授課)	10:30am - 12:00pm w/Henry 韓老師 恰恰舞 (普通話授課)	1:00pm - 2:30pm w/Henry 韓老師 狐步舞 (普通話授課)	

特別活動				
星期一	星期二	星期三	星期四	星期五
* 12/19 2:00pm - 3:00pm 富康醫療健康講座 - 乳腺癌篩查和預防 [網絡講座, Zoom ID: 212 619 3073]			* 12/15 1:00pm - 2:00pm 富康醫療健康講座 - 心理健康: 兩代大不同, 了 解親子價值觀念差異 [網絡講座, Zoom ID: 986 5578 1205]	* 12/2 9:30am - 10:30am 週五同樂日 - 懷舊健身舞 [現場活動]
			* 12/15 4:00pm - 6:00pm 假日聯歡派對 [現場活動, 必須提前報名]	

Zoom 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 Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924 【12/26 課程暫停】	9:00am w/ Demetra 力量與平衡訓練 Zoom ID: 884 9100 3639 https://us02web.zoom.us/j/88491003639	9:30am w/ Mary 普拉提 Zoom ID: 863 9883 5924 https://us02web.zoom.us/j/86398835924	9:00am w/ Demetra 力量與平衡訓練 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 【12/30 課程暫停】	10:00am w/ James 動態拉伸運動 Zoom ID: 822 9471 9185 https://us02web.zoom.us/j/82294719185 【12/24, 12/31 課程暫停】
	10:00am w/ Dawn 尊巴健身舞 Zoom ID: 854 3183 4805 https://us02web.zoom.us/j/85431834805 【12/27 課程暫停】	1:00pm w/ Concerts in Motion 中文音樂會 Zoom ID: 829 0688 1632 https://us02web.zoom.us/j/82906881632 【12/28 課程暫停】			
	10:00am w/ James 強健骨骼鍛煉 Zoom ID: 893 4026 6442 https://us02web.zoom.us/j/89340266442				