

JANUARY 2021 ACTIVITIES



MONDAY

SAIL

(Stay Active Independently for Life)

Fall Prevention Exercise:

Every Monday & Wednesday at 10 AM

Starting Mon December 14, at 10 AM

A strength, balance and fitness program for seniors,
Led by certified SAIL instructor Jean Fung
ONLINE CLASS (ZOOM)

Zumba Gold

Every Monday at 10 AM

Presented by VNSNY CHOICE Health Plan's
ONLINE CLASS (ZOOM)

Click Here to Join Class <https://zoom.us/j/7726623351>

Ask a Therapist

January 11th at 12:30 PM

Conducted by Melissa Abreu, LMSW

Bilingual Social Worker

Service Program for Older People, Inc. (SPOP)

VIA ZOOM OR MOBILE PHONE

Do you ever wonder if it is Anxiety, Depression, or else? During the "Ask a Therapist" session, folks are given the opportunity to ask a licensed mental health clinician questions pertaining to general mental health. No questions are off limits, confidentiality will be applied.

Breast Cancer Awareness Presentation

Bilingual presentation English and Spanish

January 25th at 1 PM

Sponsored by HUMANA health insurance and latina SHARE Manager & Outreach Coordinator

SHARE: Self-help for Women with Breast or Ovarian Cancer

Via Zoom and Mobile Phone (Encore zoom account)

TUESDAY

Yoga Chair Exercise

January 5th and 19th at 10 AM

January 12th at 10 AM

Half hour Humana information and half hour yoga chair exercise. Sponsored by Humana.

Click Below to Join Class

<https://us02web.zoom.us/j/2545421950?pwd=aU1pLy9CYUc2K-2VOckwraWpoN0EwQT09>

Meeting ID: 254 542 1950 Passcode: 388174

Vocal Ease Telephone Concert

January 26th, 2020 at 12 PM

Activity via Phone

Register with Nieves Taveras, information below, provide your phone number to get on the concert rob call. Email your name & phone or call Nieves

Circulo de la Esperanza

A las 1pm

Grupo de Apoyo en Español

Con Nieves Taveras, el grupo comienza el Martes

Enero 19, 2021. Programa por telefono, solo tienes que marcar 844 855-4444, seguido marque el codigo 54 56 523 y precione el signo de numero (#)

JANUARY 2021 ACTIVITIES



TUESDAY

Bible Studies

Every Tuesday from 2:30 PM to 3:30 PM

Julia Fernandez

CLASS VIA PHONE

WEDNESDAY

SAIL

(Stay Active Independently for Life)

Fall Prevention Exercise:

Every Monday & Wednesday at 10 AM

Starting Mon December 14, at 10 AM

A strength, balance and fitness program for seniors,

Led by certified SAIL instructor Jean Fung

ONLINE CLASS (ZOOM)

Art Therapy Group

At 11:30 PM

Autumn Potter

ONLINE CLASS (ZOOM)

Belly Dance

At 1:30 PM

Chantal Mariani

ONLINE CLASS (ZOOM)

Osteoarthritis Presentation by Hospital for Special Surgery

January 13, 2021 at 10 AM – English

January 13, 2021 at 2 PM - Spanish

Sponsored by VNSNY CHOICE Health Plan's

Click Here to Join <https://zoom.us/j/7726623351>

Elder Abuse Presentation by Neighborhood Shopp

January 27, 2021 at 10 AM – English

January 27, 2021 at 2 PM - Spanish

Sponsored by VNSNY CHOICE Health Plan's

Click Here to Join <https://zoom.us/j/7726623351>

THURSDAY

Yoga Chair Exercise

At 10 AM

Jane Kristofferson

ONLINE CLASS (ZOOM)

Circle of Hope (Support Group)

At 1 PM

Martha Reid

CLASS VIA PHONE

JANUARY 2021 ACTIVITIES



FRIDAY

Tai Chi

Every Friday at 10 AM

Presented by VNSNY CHOICE Health Plan's
Join Class Here <https://zoom.us/j/7726623351>

To join the Writing Class:

Email instructor sandra@sandradipasqua.com

HOW TO JOIN

How To Join

By Zoom: [CLICK HERE](#)

Meeting ID: 221 377 2276

Password: 261 323

On Tap Mobile

+19292056099, 2213772276#, 1#, 261323# US (New York)

+13017158592, 2213772276#, 1#, 261323# US (Germantown)

By Phone: CALL (844) 855-4444

Code: 54 56 523 THEN PRESS #

REGISTRATION

For information about classes registration
please contact Nieves Taveras
(212) 581-2910 Ext. 1127
ntaveras@encorenyc.org