

Central Harlem Senior Citizens' Centers, Inc.

JULY 2021

Website: www.chscc.org

A. Kevin Berry, MPA - Executive Director
Monica Warrell, Site Director – St. Nicholas Center
Vivian Johnson, Site Director – Beatrice Lewis Center
Alishia Thomas, Site Director – Central Harlem/Lincoln Centers

Central Harlem
34 West 134th St.
212-926-4871/4465
Fax: 212-368-6909

St. Nicholas
210 West 131st (7th Ave.)
646-678-4451
Fax: 646-861-0526

Beatrice Lewis
2322 Third Ave.
212-289-9155
Fax: 212-348-4007

Lincoln Senior Center
60 East 135th Street
Basement Level
212-234-0005



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

A Message From the Executive Director



GREETINGS and WELCOME BACK!!

It's July 2021 and we here at Central Harlem Senior Citizens' Centers, Inc.(CHSCC) gladly welcome you back...we have TRULY missed you! While there have been many changes, and many things we've all had to endure during this first-ever global pandemic since the 1960s, we've still managed to come out "on the other side" having overcome challenges with positive outcomes. First, CHSCC would like to say a heart-felt "Thank-You!" to our departing Wilma Brown Phillips, who served as Executive Director through one of the agency's most challenging periods, the Covid-19 pandemic. The many projects and initiatives she set in place have now firmly positioned CHSCC to grow and expand across all areas of endeavor, from service delivery modalities to programming to activities. While she will be sorely missed, she and CHSCC's Board of Directors decided to appoint me, A. Kevin Berry, to succeed her as Executive Director. It is my great privilege to now take part in helping to continue the fulfillment of the great vision for the agency's ongoing growth and expansion. I am also now happy to say that, despite our centers being closed, CHSCC continued to provide services, and also managed to implement some great new innovations that are now -- and will continue to be -- a part of our ongoing mission to provide you, our constituents, with the best programming, activities, and services to enhance and improve your lives and general health and well-being. Some of the innovations we've implemented include: a complete re-vamping and upgrade of the CHSCC website (Chscc.org); translation of our entire activity programming into virtual formats which are completely accessible remotely; on-going renovations of our Lincoln Houses site with expected completion by early Fall 2021; exploration of re-opening the kitchen at St. Nicholas Houses; plans to create an outdoor vegetable garden; and many more activities and initiatives.

Our initial return to on-site activities will be modified to incorporate social distancing protocols as part of a gradual return to full-scale operations: hours of operation will be M-F, 9AM to 5PM; congregate lunch will be served from 12PM to 1:30PM, during three (3) thirty-minute sittings of 25 persons each, reservations required (12PM to 12:30PM, 12:30PM to 1PM, 1PM to 1:30PM); those who are not having lunch on- premises can opt for Grab & Go. On-site activities will also be limited capacity and will vary from site to site -- currently offered: bingo, pool, arts & crafts, pokeno, and presentations. Please call each site for their respective schedules. In addition, the full roster of regular programming will continue to be available remotely. As your new Executive Director, I am extremely excited to be able to contribute to CHSCC's continued growth and expansion; with the help of CHSCC's dedicated staff, I hope to make of our senior centers an even more effective organization for the 21st century and beyond!

**A. Kevin Berry, MPA
Executive Director**

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Offers

Case Management Assistance

Janet Y. Williamson, LMSW

Social Worker

Supporting Services Provided for:

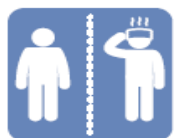
- **Counseling**
- **Case Management**
- **Referrals (For Housing, Legal, Entitlements, SNAP, DRIE etc.)**
- **Housing Applications (For SCRIE, etc.)**
- **And more....**

For Information Call 212-926-4871 ext. 104

Protect yourself from COVID-19 and stop the spread of germs.



Wash your hands thoroughly with soap and water **for at least 20 seconds**, especially before eating.



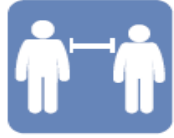
Avoid close contact with people who are sick and stay home if you are sick.



Avoid touching your eyes, nose, and mouth.



Stay home as much as possible. **Everyone** – even young people and those who feel well.



If you must go out, **stay at least 6 feet away** from others.



You must wear a face mask or face covering in public when social distancing (staying 6 feet apart) is not possible, especially on public transport, in stores and on crowded sidewalks.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.

Stay Home. Stay Safe. Save Lives.
www.ny.gov/coronavirus



Frequently Asked Questions

about the COVID-19 Vaccination

REVISED & UPDATED



**Vaccines
Protect Us All**

THE TOMPKINS COUNTY HEALTH DEPARTMENT is urging everyone in our community to get vaccinated for COVID-19 when they are eligible.

Everyone has a part in ensuring that the community stays healthy and safe. Please continue to wear masks, maintain distance, wash hands, and follow gathering guidance.

Are the vaccines safe?

Yes. The COVID-19 vaccines have gone through the same rigorous review that all vaccines must follow in the U.S. In New York, the State's independent COVID-19 Clinical Advisory Task Force also approved these COVID-19 vaccines as safe and effective. While the vaccine is in use, the FDA and the CDC are constantly monitoring for new side effects.

Can children be vaccinated with the current vaccines?

No. The first round of clinical trials did not include individuals under age 16 years for the Pfizer vaccine, under 18 for the Moderna, or under 18 for the J&J. As such, none of these have been authorized for use with children. Clinical trials for these age groups are already underway.

Should I get the vaccine if I have had a coronavirus infection?

Yes. The science shows that the vaccine provides better and longer-lasting protection than the defenses your body builds up when you were infected.

Will getting vaccinated prevent me from getting sick with COVID-19?

Most likely. Getting vaccinated will prevent you from getting a severe case of COVID-19, or a case that puts you in the hospital. There is still a small chance you could get a mild case.

What if I am pregnant or breastfeeding?

All of the currently authorized COVID-19 vaccines can be offered to people who are pregnant or breastfeeding. If you have questions, discuss this with your practitioner. There is currently no evidence that any vaccines, including COVID-19 vaccines, cause fertility problems.

If I get vaccinated, will I test positive on future COVID-19 viral tests?

No. Authorized vaccines will not cause a positive on any of the tests used to detect a current infection.

IT'S UP TO YOU NEW YORK

SOCIALIZE RESPONSIBLY

INDOOR & OUTDOOR DINING PROTOCOLS



Always wear a face covering

EXCEPT when actively eating or drinking. Protect yourself, staff and others.



Check temperature at door

Anyone at a temperature of 100.0°F or above will not be permitted to enter; remember to stay home if you are feeling sick.



Protect local businesses

Don't put businesses at risk of fines or violations by not following guidelines.



Stay seated

Don't stand or crowd inside or outside of businesses. No sitting or standing in bar areas.



Provide Test & Trace Information

At least 1 person from each party must provide name, address, and phone number for contact tracing.



Respect residents

Please keep voices and sound down outside.

Get tested: There are COVID-19 testing sites in all five boroughs. To find a site, visit nyc.gov/covidtest or call 311.

For the latest information, visit nyc.gov/coronavirus

Sept 30, 2020

Mayor's Office
of Media and
Entertainment

NYC
Office of Nightlife

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

BEATRICE LEWIS SENIOR CENTER

JULY 2021

VIRTUAL EVENTS & ACTIVITIES



MATTER OF BALANCE

MONDAYS & FRIDAYS-12:30PM

MEETING ID: 765 648 3055 PASSCODE: **chscc**

MUSIC REVUE W/ KEN ALSTON

MONDAYS- 2PM

MEETING ID: 818 9184 2743 NO PASSCODE

DANCERCISE

MONDAYS 3PM

MEETING ID: 765 648 3055 PASSCODE: **chscc**

TODAYS BASIC TECHNOLOGY WITH WALIYAYA

CREATIVE CLOUD- WEDS. & FRI 10AM-12PM

HOW TO OPTIONS... WITH TECHNOLOGY -WEDS. & FRI -1PM-3PM

MEETING ID: **563 883 0046** PASSCODE: **967503**

STAY ACTIVE & INDEPENDENT FOR LIFE (S.A.I.L) EXERCISE CLASS

TUESDAYS AND THURSDAYS

12:30-1:30PM

MEETING ID: 394 909 1294 PASSCODE: 884531

AGETASTIC -DFTA VIRTUAL GAME

WEDNESDAYS 3PM

REGISTERED EVENT

MEETING ID: 765 648 3055 PASSCODE: **chscc**

FUNDED BY THE DEPARTMENT FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

BEATRICE LEWIS SENIOR CENTER

JULY 2021

VIRTUAL EVENTS & ACTIVITIES



CHAIR EXERCISE W/ DERRICK

THURSDAYS- 1PM

MEETING ID: 779 166 2541 PASSCODE: golden1

STRETCHING FOR SENIORS

FRIDAYS - 11AM-12PM

MEETING ID: 765 648 3055 PASSCODE: chscc

TWPAINTING WITH FRIENDS - WREATH MAKING

REGISTERED EVENT

TUESDAY - JULY 6TH. - 2-3

MEETING ID:628 351 4488-PASSCODE: 111

"SILVER SNEAKER" MEDICARE PRESENTATION

WEDNESDAY - JULY 7TH.11AM

MEETING ID- 765 648 3055 PASSCODE-chscc

HEALTHY HOMES 101 WORKSHOP

WEDNESDAY - JULY 7th. 1PM

MEETING ID- 765 648 3055 PASSCODE-chscc

NUTRITION WORKSHOP- "HEALTH AND WELLNESS

TUESDAY JULY 13TH. - 2-3PM

MEETING ID 628 351 4488- PASSCODE 111

FUNDED BY THE DEPARTMENT FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC



BEATRICE LEWIS SENIOR CENTER

JULY 2021

VIRTUAL EVENTS & ACTIVITIES

EMERGENCY PREPAREDNESS WORKSHOP

WEDNESDAY- JULY 14- 11AM

MEETING ID: 765 648 3055 PASSCODE: chscc

SING FOR YOUR SENIORS

TUESDAY- JULY 20TH. -3-4PM

MEETING ID: 392 450 0931 PASSCODE: SFYS (all capital letters)

N*GRAM- IN TUNES- DIGITAL THERAPY FOR OLDER ADULTS

WEDNESDAY JULY 21ST – 2PM

MEETING ID: 765 648 3055 PASSCODE: chscc

LATIN DANCE

TUESDAY- JULY 27TH. 2PM

MEETING ID: 765 648 3055 PASSCODE: chscc

HEALTH & HYGEINE POST COVID 19- NANCY SIMMONS

WEDNESDAY JULY 28TH-2PM

MEETING ID: 765 648 3055 PASSCODE: chscc

NUTRITION WORKSHOP- HEALTHY AGING

THURSDAY JULY 29TH. -2PM

MEETING ID: 765 648 3055 PASSCODE: chscc

SENIORPLANET.ORG-Online Health Resources, Stretch classes,
Work/ Entrepreneurship Movie Club, Tai Chi and more

NYRRSTIDERS- NYRR Striders at home website. (New schedule)

FUNDED BY THE DEPARTMENT FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC



ST. NICHOLAS HOUSES- JULY 2021

Weekly Classes

| <u>DAY /TIME</u> | <u>ACTIVITY</u> | <u>CENTER</u> | <u>INSTRUCTO</u> <u>R</u> | <u>MEETING ID</u> | <u>PASSCODE</u> |
|--------------------------------------|-----------------------------|---------------------|------------------------------|--------------------|-----------------|
| MONDAY/12:30PM | Senior Boot Camp | St. Nicholas | Tommy | 95529741467 | chscc |
| TUESDAY/ 12:30PM | Fitness | St. Nicholas | Tommy | 97124229071 | chscc |
| TUESDAY/ 1:30PM – 3:30 | Computer | St. Nicholas | Maurice | 94147034525 | chscc |
| WEDNESDAY- 7/14 1PM | Nutrition | St. Nicholas | Tamar | 92947316758 | chscc |
| WEDNESDAY 2:30PM – 3:30PM | Arts & Crafts | St. Nicholas | Michelle | 95343058880 | chscc |
| THURSDAY/2:30P M | Line Dancing | St. Nicholas | LaVern | 99142016385 | chscc |
| FRIDAY/10AM | Tommy Experience | St. Nicholas | Tommy | 97223763639 | chscc |
| FRIDAY/12:30PM | Meditation | St. Nicholas | Myna | 99753963309 | chscc |



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

July 2021 Virtual Classes - Central Harlem (Kennedy)

| <u>Day /Time</u> | <u>Activity</u> | <u>Center</u> | <u>Instructor</u> | <u>Meeting ID</u> | <u>Passcode</u> |
|--|--|-----------------------|----------------------------|--------------------|-----------------|
| Monday 12:00pm-1:00pm | Understanding Technology On recess until August | Central Harlem | Maurice | 92031960069 | chsc |
| Monday 2:00pm-3:00pm | Spanish | Central Harlem | Lynn | 95707623638 | chsc |
| Tuesday 10:30am-11:30am | Understanding Technology On recess until August | Central Harlem | Maurice | 96294150034 | chsc |
| Tuesday 12:30pm-1:30pm | Staywell | Central Harlem | Myna | 94497791386 | chsc |
| Wednesday 11:00am-12:00pm May 5th- Aug 18th | Stay Active & Independent for Life | Central Harlem | NY Enrichment Group | 3949091294 | 884531 |
| Thursday 9:30am-10:30am | Beyond The Pain On recess until September | Central Harlem | Sonia | 97407225813 | chsc |
| Thursday 12:30pm-1:30pm | Meditation/Yoga | Central Harlem | Myna | 95753324942 | chsc |
| Friday 12:00pm-1:00pm | Zumba | Central Harlem | Myna | 99851241201 | chsc |
| Friday 1:30pm-3:30pm | Line Dancing | Central Harlem | LaVern | 94913692798 | chsc |



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

July 2021 In Person Activities - Central Harlem (Kennedy)

| <u>Day /Time</u> | <u>Activity</u> | <u>Center</u> | <u>Reservations</u> |
|--|--|-----------------------|--|
| Monday- Friday 12:00pm-1:30pm | <u>Dine In</u> <u>Lunch</u> | <u>Kennedy</u> | *Please call and reserve your spot. |
| Monday- Friday 12:00pm-1:30pm | <u>Grab & Go</u> <u>Lunch</u> | <u>Kennedy</u> | *Distributed upstairs |
| Monday - Friday 9:30am-4:40pm <u>As of 7/12/21</u> | <u>Pool Table</u> | <u>Kennedy</u> | *Please call and reserve your spot. |
| Monday & Tuesday 2:10pm-4:40pm <u>As of 7/12/21</u> | <u>Pokeno</u> | <u>Kennedy</u> | *Please call and reserve your spot. |
| Tuesday & Thursday 2:10pm-4:40pm <u>As of 7/12/21</u> | <u>Bingo</u> | <u>Kennedy</u> | *Please call and reserve your spot. |
| Friday 2:10pm -4:40pm <u>As of 7/12/21</u> | <u>Cards/Dominos</u> | <u>Kennedy</u> | *Please call and reserve your spot. |



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

July 2021 Virtual Classes - Lincoln Center

| <u>Day /Time</u> | <u>Activity</u> | <u>Center</u> | <u>Instructor</u> | <u>Meeting ID</u> | <u>Passcode</u> |
|---|---|-----------------------|-----------------------------------|---------------------------|----------------------|
| Monday 1:30pm-2:30pm | <u>Understanding Technology</u> On recess until August | <u>Lincoln</u> | <u>Maurice</u> | <u>94602064756</u> | <u>chsc</u> |
| Wednesday 12:30pm-1:30pm | <u>Staywell</u> | <u>Lincoln</u> | <u>Myna</u> | <u>95303702191</u> | <u>chsc</u> |
| Wednesday 1:00pm-2:00pm May 5th – Oct 13th | <u>Matter of Balance</u> | <u>Lincoln</u> | <u>NY Enrichment Group</u> | <u>95302592927</u> | <u>harlem</u> |
| Friday 11:30am-12:30pm | <u>Understanding Technology</u> On recess until August | <u>Lincoln</u> | <u>Maurice</u> | <u>97553671668</u> | <u>chsc</u> |

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

LIST OF HOLIDAYS FOR 2021

DAYS CENTER CLOSED

MONDAY, SEPTEMBER 6TH – LABOR DAY

MONDAY, OCTOBER 11TH – COLUMBUS DAY

THURSDAY, NOVEMBER 25TH & FRIDAY, NOVEMBER 26TH –
THANKSGIVING DAY

FRIDAY, DECEMBER 24TH – CHRISTMAS DAY (OBSERVED)

Must be 60yrs or older to join

All Centers Re-opened as of July 6, 2021

Monday thru Friday – 9AM to 5PM

Congregate Lunch /Grab & Go – 12PM to 1:30PM

For information, please call

212-926-4871