



<u>DAY /TIME</u>	<u>ACTIVITY</u>	<u>CENTER</u>	<u>INSTRUCTOR</u>	<u>MEETING ID</u>	<u>PASSCODE</u>
<u>MONDAY/12:30PM</u>	<u>Senior Boot Camp</u>	<u>St. Nicholas</u>	<u>Tommy</u>	<u>98487199268</u>	<u>990854</u>
<u>MONDAY/1PM</u>	<u>Nutrition Workshop</u>	<u>Central Harlem</u>	<u>Tamar</u>	<u>99742732111</u>	<u>293917</u>
<u>MONDAY/2PM</u>	<u>Spanish Class</u>	<u>Central Harlem</u>	<u>Ms. Lynn</u>	<u>92842929797</u>	<u>548905</u>
<u>TUESDAY/12:30PM</u>	<u>Fitness</u>	<u>St. Nicholas</u>	<u>Tommy</u>	<u>96123901940</u>	<u>322098</u>
<u>TUESDAY/12:30PM</u>	<u>Staywell</u>	<u>Central Harlem</u>	<u>Myna</u>	<u>97819057671</u>	<u>944916</u>
<u>TUESDAY/1PM</u>	<u>Drama with Derrick</u>	<u>Beatrice Lewis</u>	<u>Derrick</u>	<u>7791662541</u>	<u>golden1</u>
<u>EVERY 3RD TUESDAY/2PM</u>	<u>Singing for your Seniors</u>	<u>Beatrice Lewis</u>	<u>Jackie</u>	<u>3924500931</u>	<u>SFYS</u>
<u>WEDNESDAY/10AM</u>	<u>Technology</u>	<u>Beatrice Lewis</u>	<u>Waliyaya</u>	<u>5638830046</u>	<u>967503</u>
<u>WEDNESDAY/11AM</u>	<u>How to Options</u>	<u>Beatrice Lewis</u>	<u>Waliyaya</u>	<u>5638830046</u>	<u>967503</u>
<u>WEDNESDAY/1PM</u>	<u>Nutrition Workshop</u>	<u>St. Nicholas</u>	<u>Tamar</u>	<u>98904846315</u>	<u>656522</u>
<u>THURSDAY/9:30AM</u>	<u>Beyond the Pain</u>	<u>Central Harlem</u>	<u>Ms. Sonia</u>	<u>98214416035</u>	<u>421981</u>
<u>THURSDAY/11:30AM</u>	<u>Tai Chi</u>	<u>Central Harlem</u>	<u>Myna</u>	<u>91565067897</u>	<u>711509</u>
<u>THURSDAY/12:30PM</u>	<u>Meditation</u>	<u>Central Harlem</u>	<u>Myna</u>	<u>99836160073</u>	<u>720268</u>
<u>THURSDAY/1PM</u>	<u>Chair Exercise</u>	<u>Beatrice Lewis</u>	<u>Derrick</u>	<u>7791662541</u>	<u>golden1</u>
<u>THURSDAY/1:30PM</u>	<u>Tap Dancing</u>	<u>St. Nicholas</u>	<u>LaVern</u>	<u>94412387005</u>	<u>710304</u>
<u>THURSDAY/2PM</u>	<u>Music Revue</u>	<u>Beatrice Lewis</u>	<u>Ken</u>	<u>81891842743</u>	<u>MUSIC</u>
<u>THURSDAY/2:30PM</u>	<u>Line Dancing</u>	<u>St. Nicholas</u>	<u>LaVern</u>	<u>99431381739</u>	<u>383871</u>
<u>FRIDAY/10AM</u>	<u>Tommy Experience</u>	<u>St. Nicholas</u>	<u>Tommy</u>	<u>93043475825</u>	<u>281058</u>
<u>FRIDAY/1PM</u>	<u>Nutrition Workshop</u>	<u>Lincoln</u>	<u>Tamar</u>	<u>99578821215</u>	<u>108058</u>
<u>FRIDAY/11:30AM</u>	<u>Zumba</u>	<u>Central Harlem</u>	<u>Myna</u>	<u>95854537816</u>	<u>225760</u>
<u>FRIDAY/12:30PM</u>	<u>Meditation</u>	<u>St. Nicholas</u>	<u>Myna</u>	<u>98971178634</u>	<u>411998</u>
<u>FRIDAY/1:30PM</u>	<u>Line Dancing</u>	<u>Central Harlem</u>	<u>LaVern</u>	<u>95923779326</u>	<u>567220</u>
<u>EVERY 2ND FRIDAY/1PM</u>	<u>Cooking with Donald</u>	<u>Beatrice Lewis</u>	<u>Donald</u>	<u>91478052267</u>	<u>547178</u>