NEW THIS MONTH

1. Dance Fitness with Judy
   Mondays 2 pm - 3 pm
   Starting 4/5

2. Indoor virtual Horticulture class
   Mondays & Thursdays 12pm - 1 pm
   Starting 4/12

3. Weekend Cinema with The Queens World Film Festival
   4/21 Film Viewing - All About Funny
   4/22 Film Review 3pm - 4pm
   Zoom links will be shared with members who RSVP.

4. Exercise with Ease with Judy
   Thursdays 2 pm - 3 pm
   Starting 4/8

5. Broadway At Home
   Virtual Experience with PlayBill
   Tuesday, April 27, 2021
   11 am - 12pm
   Please RSVP - ascott@hudsonguild.org

Virtual Bingo with Pfizer
   When: April 20th
   Time: 1pm - 2pm
   Zoom Link To Follow
   To RSVP email: ascott@hudsonguild.org

For more information on remote programs, please email: ascott@hudsonguild.org

Adult Services’ activities, & Services are funded through the NYC Department for the Aging, Hudson Guild, corporate & foundation grants, and your support.
NEW THIS MONTH

Life Planning Documents for Low-Income Seniors

Volunteers of Legal Service will present on the help they provide people both via their Elderly Project and Unemployed Workers Project. They will talk about the importance of life planning documents, including wills, powers of attorney, and other advance directives for seniors. They will also talk about how to apply for unemployment insurance benefits, eligibility requirements to receive benefits, how benefits are determined, and other information and resources related to unemployment insurance claims.

When: April 20th
Time: 2pm - 3pm
To Register Please
RSVP @ djohnson-laird@hudsonguild.org
MONDAY

Open Wellness with Sheree  
10am - 11am  
**Click here to join**  
Meeting ID: 885 9838 2326  
Password: 884913

Salsa with Marisol  
12pm - 1pm  
**Click here to join**  
Meeting ID: 834 1232 8714  
Password: 0000

Virtual Indoor Gardening  
12pm - 1pm  
**Click here to join**  
Meeting ID: 950 1678 1862  
Password: Elliot!

Spanish 101 with Amelia  
1pm - 2pm  
**Click here to join**  
Meeting ID: 822 9602 6020  
Password: 101 HudsoN

Dance Fitness Judy  
2pm - 3pm  
**Click here to join**  
Meeting ID: 853 9020 9251

Chair Yoga with Andrea  
3pm - 4pm  
**Click here to join**  
Meeting ID: 250 786 7284  
Password: MSTDA  
Dial-In: 646-558-8656
Balance Movement Mind-Body with Wendy
11 am - 12 pm
Click here to join
Meeting ID: 781 321 0984
Password: 4GWKXp
Dial In: 646- 558- 8656

Virtual Photography Class
11:30 am - 1 pm
Click here to join
Meeting ID: 91094667028

Computer workshop with Eddie
1pm - 2pm
Click here to join
Meeting ID: 91543173995

Move Your Body with Maria
3 pm to 4 pm
Click here to join
Meeting ID: 889 5951 3065
Passcode: 379233
TUESDAY

Drawing with Alex
3 pm to 5 pm

Click here to join
Meeting ID: 895 6660 7648
Dial In: 646 558 8656
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Meeting ID</th>
<th>Password</th>
<th>Dial In</th>
</tr>
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<tbody>
<tr>
<td>9 am - 10 am</td>
<td>Open wellness with Sheree</td>
<td>88598382326</td>
<td>884913</td>
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<tr>
<td>10 am - 11 am</td>
<td>Chair Meditation with Charles</td>
<td>964 589 366</td>
<td>482379</td>
<td>646 876 99 23</td>
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<tr>
<td>12 pm - 1 pm</td>
<td>Afro Brazilian with Maria</td>
<td>840 8238 9611</td>
<td>656473</td>
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<tr>
<td>2 pm - 4 pm</td>
<td>Painting with Arbey</td>
<td>890 1701 4013</td>
<td>898716</td>
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<tr>
<td>2 pm - 3 pm</td>
<td>Chair Stretch with Charles</td>
<td>973 4067 0905</td>
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<tr>
<td>4 pm - 5 pm</td>
<td>Senior Fit with Elizabeth</td>
<td>884 3648 1924</td>
<td></td>
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</tr>
</tbody>
</table>
Thursday

Zumba with Tia
11 am - 12 pm
Click here to join
Meeting ID: 425 095 968
Password: Gold

Virtual Photography Class
11:30 am - 1 pm
Click here to join
Meeting ID: 91094667028

Senior Fit with Teresa
1 pm - 2 pm
Click here to join
Meeting ID: 878 9504 1840
Password: 539422

The Lively Arts with Jim Furlong
1 pm - 2:30 pm
Click here to join
Meeting ID: 810 4951 1857
Dial In: 929 436 2866

Exercise with Ease with Judy
2 pm - 3 pm
Click here to join
Meeting ID: 845 3183 0979

Middle Eastern Dance with Andrea
3 pm - 4 pm
Click here to join
Meeting ID: 250 786 7284
Password: MSTDA
Dial-In: 646-558-8656

Virtual Photography Class
Thursday

The Lively Arts

4/1  Wagner’s Parsifal  
      part 2
4/8  Parsifal  
      part 3
4/15 Parsifal  
      part 4
4/22 Puccini’s Manon Lescaut  
      part 1
4/29 Manon Lescaut  
      part 2
<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mixed Media &amp; Collage with Rena</td>
<td>10 am - 12 pm</td>
<td>Click here to join&lt;br&gt;Meeting ID: 853 895 4037&lt;br&gt;Password: 0Y1K</td>
</tr>
<tr>
<td>Computer Workshop with Eddie</td>
<td>1 pm - 2 pm</td>
<td>Click here to join&lt;br&gt;Meeting ID: 91543173995</td>
</tr>
<tr>
<td>Zumba with Frances</td>
<td>2 pm - 3 pm</td>
<td>Click here to join&lt;br&gt;Meeting ID: 889 5905 8663&lt;br&gt;Password: 1234&lt;br&gt;Dial In: 646 558 8656</td>
</tr>
<tr>
<td>Painting with Arbey</td>
<td>2 pm - 4 pm</td>
<td>Click here to join&lt;br&gt;Meeting ID: 890 1701 4013&lt;br&gt;Password: 898716</td>
</tr>
</tbody>
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