

# HUDSON GUILD NEIGHBORHOOD SENIOR CENTER

APRIL NEWSLETTER

## 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](mailto:ascott@hudsonguild.org)



Virtual Bingo with Pfizer

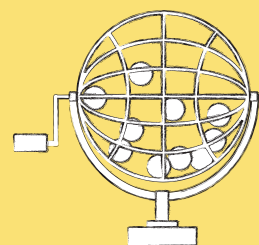
When: April 20th

Time: 1pm - 2pm

Zoom Link To Follow

To RSVP email:

[ascott@hudsonguild.org](mailto:ascott@hudsonguild.org)



For more information on  
remote programs, please email:  
[ascott@hudsonguild.org](mailto: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](mailto:djohnson-laird@hudsonguild.org)

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# 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





# TUESDAY

**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





# Wednesday

**Open wellness with Sheree**

**9 am - 10 am**

**[Click here to join](#)**

Meeting ID: 88598382326

Password: 884913

**Chair Meditation with Charles**

**10 am - 11 am**

**[Click here to join](#)**

Meeting ID: 964 589 366

Password: 482379

Dial In: 646 876 99 23

**Afro Brazilian with Maria**

**12 pm - 1 pm**

**[Click here to join](#)**

Meeting ID: 840 8238 9611

Password: 656473

**Painting with Arbey**

**2 pm - 4 pm**

**[Click here to join](#)**

Meeting ID: 890 1701 4013

Password: 898716

**Chair Stretch with Charles**

**2pm - 3pm**

**[Click here to join](#)**

Meeting ID: 973 4067 0905

Password: 0000

**Senior Fit with Elizabeth**

**4pm - 5pm**

**[Click here to join](#)**

Meeting ID: 884 3648 1924





# 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





# 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







# Friday

## Mixed Media & Collage with

Rena

10 am - 12 pm

[Click here to join](#)

Meeting ID: 853 895 4037

Password: 0Y1K

## Computer Workshop with

Eddie

1 pm - 2 pm

[Click here to join](#)

Meeting ID: 91543173995

## Zumba with Frances

2 pm - 3 pm

[Click here to join](#)

Meeting ID: 889 5905 8663

Password: 1234

Dial In: 646 558 8656

## Painting with Arbey

2 pm - 4 pm

[Click here to join](#)

Meeting ID: 890 1701 4013

Password: 898716

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