

HUDSON GUILD NEIGHBORHOOD SENIOR CENTER

FEBRUARY
NEWSLETTER



NEW THIS MONTH

1. Open Wellness with Sheree

When: Mondays 10 am - 11 am
Wednesdays 9 am - 10 am

2. Self Defense & Education with Judy

When: Mondays 2 pm - 3 pm

3. Move your body with, Maria

When: Mondays 3pm - 4pm

4. Computer workshops with Eddie

When: Tuesdays & Fridays 1 pm - 2 pm

6. Chair Stretch with Charles

When: Wednesdays 2 pm - 3 pm

7. Exercise with Ease with Judy

when: Thursdays 2 pm - 3 pm

Coming Soon March & April

- Virtual Beading Class
- Queens World Film Festival Virtual
- Virtual Photography Class -
The Josephine Herrick Project

NEW THIS MONTH

1. Mt. Sinai Diabetes Webinar

When: Feb.11TH

Time: 1:00 pm

For more information to signup

email: djohnson-laird@hudsonguild.org

2. Black History Art Class with Poster House

WHEN: Feb. 12TH

TIME: 1-2:30 pm

zoom link to follow when you rsvp

email: ascott@hudsonguild.org

By Feb. 5th

3. Elder Abuse Presentation

When: February 24

Time: 1:00 pm

Zoom: TBD

For more information

email: djohnson-laird@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.



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

Spanish 101 with Amelia
1pm - 2pm

[Click here to join](#)

Meeting ID: 822 9602 6020
Password: 101 Hudson

Self Defense with Judy
1pm - 2pm

[Click here to join](#)

Meeting ID: 84531830979

Chair Yoga with Andrea
3pm - 4pm


[Click here to join](#)

Meeting ID: 250 786 7284
Password: MSTDA
Dial-In: 646-558-8656

Relax and Breath:
Your hour of Bliss
3pm - 4pm

[Click here to join](#)

Meeting ID: 863 4998 6560
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

**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

**Drawing from home 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: 97340670905

Journey Inward, Guided
Meditation with Zen Center
3 pm - 4 pm

[Click here to join](#)

Meeting ID: 838 9296 9002
Dial In: 646- 558- 8656

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

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

Senior Fit with Teresa
1 pm - 2 pm

[Click here to join](#)

Meeting ID: 878 9504 1840
Password: 539422

Exercise with Ease with Judy
2 pm - 3 pm


[Click here to join](#)

Meeting ID: 845 318 30979

**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





Friday

**Mixed Media & Collage with
Rena
10 am - 12 pm**

[Click here to join](#)

Meeting ID: 853 895 4037
Password: 0Y1K

**Comptuter 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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