



HUDSON GUILD NEIGHBORHOOD SENIOR CENTER

MARCH NEWSLETTER



NEW THIS MONTH

Simply Exercise with Judy

Mondays 2 pm - 3 pm

Starting 3/1

Introductory

Photography Class with JHP

Tuesdays & Thursdays

Starting 3/9

Weekend Cinema with The Queens World Film Festival

Every 3rd Wednesday

Starting 3/17

Chat with the filmmakers

Fridays Starting 3/20

**Zoom links will be shared with
members who has RSVP.**

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

Simply Exercise with Judy
1pm - 2pm

[Click here to join](#)

Meeting ID: 898 9780 0757

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

**Move Your Body with
Maria
3 pm to 4 pm**

[Click here to join](#)

Meeting ID: 889 5951 3065

Passcode: 379233

**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: 97340670905

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

Simply Exercise 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





Thursday

The Lively Arts

3/4 Massenet's sensuous tragedy
Manon, part 3

3/11 Manon, part 4

3/18 For St. Patrick's Day, the
delightful classic Finian's Rainbow

3/25 Wagner's final masterpiece
Parsifal, part 1





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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