



HUDSON GUILD NEIGHBORHOOD SENIOR CENTER

MAY NEWSLETTER



NEW THIS MONTH

DANCE FITNESS

Instructor: Judy Farnum

Monday 2:00pm-3:00pm

This class begins with a full-body warm-up and then utilizes simple, easy-to-follow choreography in a series of moderate to fast-paced aerobic dances to get you moving. Come and enjoy a fun workout!

COMEDY: A VARIETY SHOW

Thursday 2:00pm-3:00pm

Need a good laugh? These comedy sessions will keep you smiling and laughing. Each week, we welcome a different comedian to the Zoom Room.

COMPUTER CLASS

Instructor: Eddie Acosta

Tuesday & Friday 1:00pm-2:00pm

Come to learn or ask questions

Basic functions: opening & closing applications, switching between computer programs Writing & sending emails
Navigating operating systems for Windows, Mac OS

Get To Know Your Neighbors Highline Virtual Experience

Nature Photography on the High Line

Tuesday, May 4, 2 – 3 pm

Learn tips and tricks of capturing the beauty next door through this instructional workshop participate in a photography contest for your chance to win prizes!

The Art of Storytelling with Thelma

Pearls of Wisdom

Tuesday, May 11, 2 – 3 pm

A community storytelling gathering

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.





High Line Art

Tuesday, May 18, 2 – 3 pm

See what's coming to the High Line for its 2021 programmatic season, a conversation led by High Line Art Associate Curator Melanie Kress.

Virtual Tour Met Cloisters

When: May 21

The Met Cloisters Experience highlights of The Met Cloisters, the only American museum dedicated to the art and architecture of medieval Europe, from intimate works of private devotion to the renowned Unicorn Tapestries.

Senior Fit with Teresa

Tuesday, May 25,
2 – 3 pm

Join Teresa on a fitness quest and rediscover your body's personal best. For this one-hour class, you will need a chair, a small ball, and weights as we will incorporate 20 minutes of interval training in Balance Bootcamp, Senior Stretch, and Senior Fit.

To register for all events
please email
ascott@hudsonguild.org

Once you register zoom
links will be given.



Social Services


**Please join us for a presentation with
Monica Morante from
Housing Conservation Coordinators**

On Wednesday, May 19th at 1 pm

For a discussion on tackling housing issues during Covid and steps in preventing evictions. Learn some actions to take that can protect yourself as a tenant.

RSVP to Dorothy Johnson-Laird at
djohnson-laird@hudsonguild.org or at 973-922-3489,
by Monday, May 17th.

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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

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: 990 9213 3385
Passcode: hudson

**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

Passcode: 1111

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

Comedy Show
2 pm - 3 pm


[Click here to join](#)

:Meeting ID: 996 3879 6526
Passcode: hudson

**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

- 5/6** Verdi's brooding political thriller
Simon Boccanegra, part 1
 - 5/13** A virtual concert by Carnegie Hall's
Ensemble Connect!
 - 5/20** Verdi's Simon Boccanegra, part 2
 - 5/27** Verdi's Simon Boccanegra, part 3
- 



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: 990 9213 3385
Passcode: hudson

**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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