

# Central Harlem Senior Citizens' Centers, Inc.

## *APRIL 2021*

Website: [www.chscc.org](http://www.chscc.org)

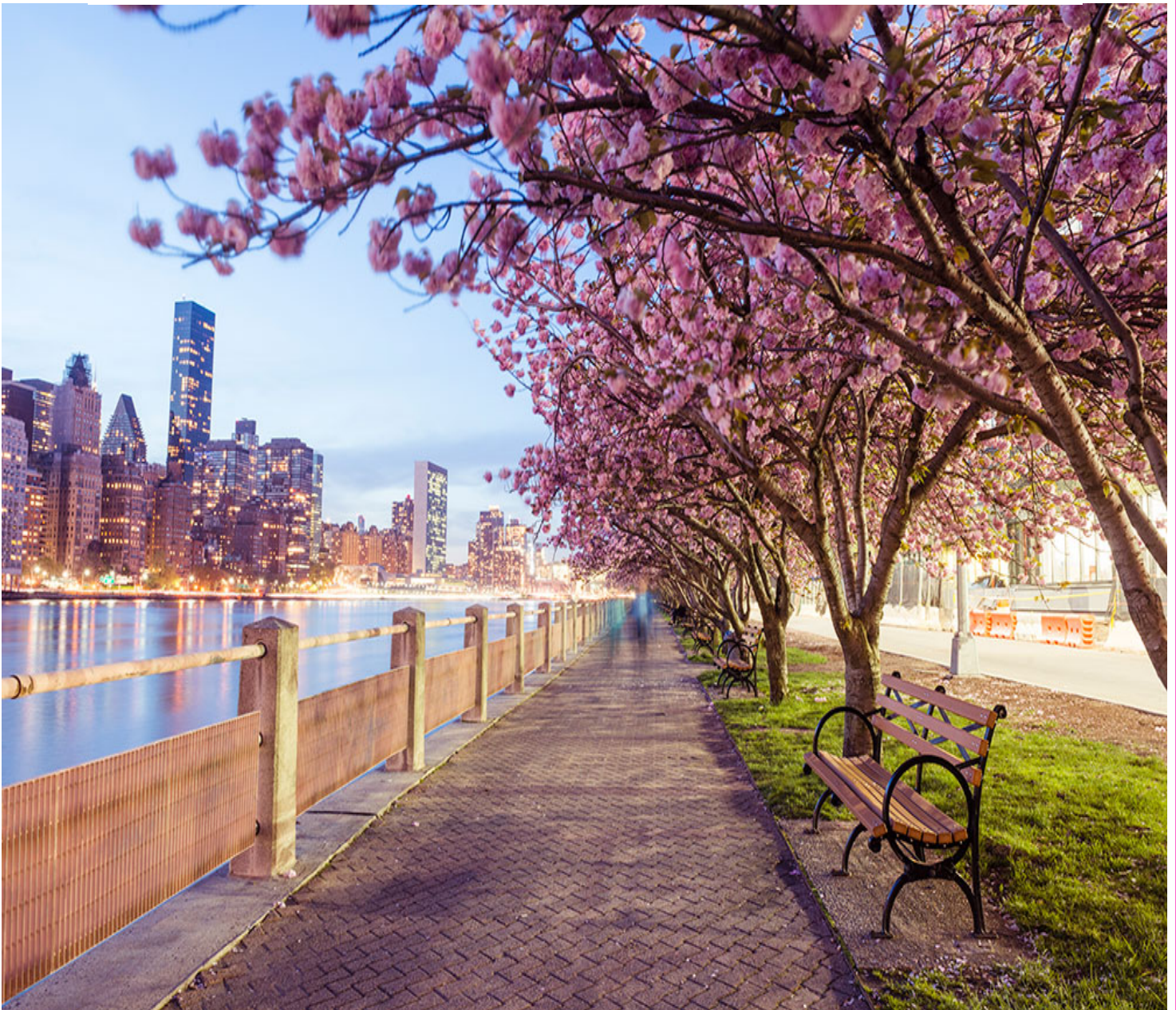
**Wilma Brown Phillips - Executive Director**  
**Monica Warrell, Site Director – St. Nicholas Center**  
**Vivian Johnson, Site Director – Beatrice Lewis Center**  
**Alishia Thomas, Site Director – Central Harlem/Lincoln Centers**

**Central Harlem**  
34 West 134<sup>th</sup> St.  
212-926-4871/4465  
Fax: 212-368-6909

**St. Nicholas**  
210 West 131<sup>st</sup> (7<sup>th</sup> Ave.)  
646-678-4451  
Fax: 646-861-0526

**Beatrice Lewis**  
2322 Third Ave.  
212-289-9155  
Fax: 212-348-4007

**Lincoln Senior Center**  
60 East 135<sup>th</sup> Street  
Basement Level  
212-234-0005



# Spring Word Search

L	F	L	O	W	E	R	B
A	N	U	N	M	S	W	X
M	E	W	A	D	M	S	Q
B	T	Z	E	Q	C	P	Q
X	B	U	D	E	Q	R	R
Q	Z	U	B	G	Y	I	A
Z	A	C	L	G	Z	N	I
B	I	R	D	Q	J	G	N

BIRD  
BUD  
EGG  
FLOWER

LAMB  
NET  
RAIN  
SPRING



**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**



**Offers**

**Case Management Assistance**

**Janet Y. Williamson, LMSW**

**Social Worker**

**Supporting Services Provided for:**

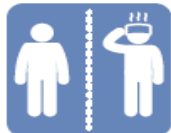
- **Counseling**
- **Case Management**
- **Referrals (For Housing, Legal, Entitlements, SNAP, DRIE etc.)**
- **Housing Applications (For SCRIE, etc.)**
- **And more....**

**For Information Call 212-926-4871 ext. 104**

# Protect yourself from COVID-19 and stop the spread of germs.



**Wash your hands** thoroughly with soap and water **for at least 20 seconds**, especially before eating.



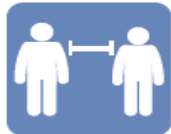
**Avoid close contact** with people who are sick and stay home if you are sick.



**Avoid touching** your eyes, nose, and mouth.



**Stay home** as much as possible. **Everyone** – even young people and those who feel well.



If you must go out, **stay at least 6 feet away** from others.



**You must wear a face mask or face covering in public** when social distancing (staying 6 feet apart) is not possible, especially on public transport, in stores and on crowded sidewalks.



**Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.



**Clean and disinfect** frequently touched objects and surfaces.

**Stay Home. Stay Safe. Save Lives.**  
[www.ny.gov/coronavirus](http://www.ny.gov/coronavirus)



# As of January 4, 2021, the following groups are eligible for the COVID-19 vaccine:

- ✓ All outpatient and ambulatory frontline, high-risk health care providers who provide in-person patient care or other staff in a position where they have direct contact with patients of any age. This includes hospital and community-based ambulatory care, primary care, and outpatient behavioral health service providers; phlebotomists; physical and occupational therapists; and specialty clinics, including dialysis centers.
- ✓ All frontline, high-risk public health workers who have direct contact with patients
- ✓ Nursing home and other long-term care facility residents and staff
- ✓ Health care workers at COVID-19 testing sites
- ✓ High-risk hospital and Federally Qualified Health Center staff
- ✓ Emergency medical service frontline personnel
- ✓ Medical examiners and coroners
- ✓ Funeral workers who have direct contact with infectious material and bodily fluids
- ✓ Staff and residents in group living facilities run by the New York State Offices for People With Developmental Disabilities, Mental Health, and Addiction Services and Supports
- ✓ Urgent care providers
- ✓ Staff administering the COVID-19 vaccine
- ✓ Staff at dental practices of all types

To learn more or to find out where to get vaccinated, visit [nyc.gov/covidvaccine](https://nyc.gov/covidvaccine).



# *Did you know...*

- All New Yorkers should get a COVID-19 diagnostic test, whether or not they have symptoms or are at increased risk. Tests are free. You should [look for a testing site](#) near your home.

You will not be asked about immigration status. COVID-19 testing and care services are not a public benefit under the [public charge rule](#) (PDF).

## **Who Should Get Tested Immediately**

You should schedule a test as soon as possible if you:

- Have symptoms of COVID-19.
- Had close contact with someone who has COVID-19.
- Spent at least 10 minutes within 6 feet of someone who has COVID-19.
- Live or work in [an area with increased COVID-19 transmission](#).
- Just returned from [a state with a high level of COVID-19](#).
- Recently went to a large indoor gathering of 50 people or more.

If the test result is negative, talk with your health care provider about whether you should get tested again the following week.

## **Types of Tests**

There are several different types of tests, with some more reliable than others or providing different types of information. Your health care provider can help you decide which type of test is best for you based on the reason for testing, such as recent exposure, presence of symptoms or periodic testing.

### **Molecular Tests**

Molecular tests (nose or throat swab or saliva test), such as PCR tests, are the most reliable way to test for COVID-19. They can detect the virus even if there is only a small amount in your system.

These tests look for genetic material from the virus that causes COVID-19 (SARS-CoV-2). They require the specimen to be sent to a laboratory, which is why they usually take a few days to receive results. A unique process used at [COVID-19 Express](#) sites allow for molecular tests to return results usually within a few hours.

# *Did you know...*

## **Antigen Tests**

Antigen tests provide results faster than molecular tests but can be less accurate. These tests look for proteins on the surface of the SARS-CoV-2 virus. Antigen tests usually can be processed in a health care provider's office, rather than a laboratory, which is why they are less expensive and can return results quickly. However, they are more likely than molecular tests to return false positive test results (the test result is positive but the person does not have COVID-19) and false negative test results (the test result is negative even though the person has COVID-19). In certain cases, such as when a person is showing symptoms, health care providers may recommend a follow-up molecular test to confirm the results of an antigen test.

## **Antibody Tests**

Antibody tests check the blood for signs that you have had the virus in the past. They require getting a blood sample through a finger stick or drawing blood from a vein in your arm.

An antibody test may not be accurate for someone with an active or recent infection or for other reasons.

It is important that you continue to follow physical distancing, practice good hand hygiene and wear a face covering. It is possible to get COVID-19 again.

## **After a Test**

If you test positive for COVID-19 in a diagnostic test, immediately separate yourself from others and contact your health care provider. The **NYC Test & Trace Corps** can help you and your close contacts prevent the spread of the virus. If you cannot safely separate at home, you and those you may have exposed to the virus can qualify for a free hotel room. You should stay isolated until all of the following are true:

- It has been at least 10 days since:
  - You started feeling sick or
  - The date you were tested (if you have not felt sick)
- You have not had a fever for at least 24 hours without taking fever and pain-reducing medicines, such as Advil, Motrin, Tylenol or aspirin
- Your overall illness has improved



## *Did you know...*

If you develop trouble breathing, persistent pain or pressure in your chest, confusion, inability to stay awake, bluish lips or face, or any other emergency condition, **call 911** immediately.

## Find a Testing Site

There are many health care providers, pharmacies and government facilities, including mobile and pop-up testing sites, offering testing — often free — throughout the city.

Here are some resources to help you find a location near you:

- [COVID-19 Citywide Information Portal: Testing Locations](#): Search a map of all testing locations, including some that may not be free.
- [COVID-19: Rapid Testing](#): Schedule an appointment at one of the Health Department's free rapid testing locations, which usually return test results within a few hours.
  - [I Have Been Tested for COVID-19 at a Rapid Testing Site. Now What?](#) (PDF)  
Other Languages: [Español](#) | [Русский](#) | [繁體中文](#) | [Kreyòl ayisyen](#) | [Français](#)
- [NYC Health + Hospitals Testing Sites](#): These locations offer free testing, including some sites that will test children 2 years old and younger.

When you go for a test, you will not be asked about immigration status. COVID-19 testing and care services are not a public benefit under the public charge rule.

### Precautions for Face Coverings:

- Wash your hands for 20 seconds with soap and water every time you take on and off your face covering.
- Do not put a used face covering in places where others can touch them.
- Used paper masks should be thrown out at the end of the day.
- Do not throw your face covering loose in a bag or backpack. Store it in a plastic bag.





**CENTRAL HARLEM SENIOR CITIZENS CENTER  
BEATRICE LEWIS SENIOR CENTER**

**VIRTUAL CLASSES FOR APRIL 2021**

**ZUMBA- TOMMY MICKENS (NEW)**

MONDAYS -11-12PM

MEETING ID: 765 648 3055 PASSCODE: chscc

**MUSIC REVUE W/ KEN ALSTON**

MONDAYS- 2PM

MEETING ID: 818 9184 2743 NO PASSCODE

**AGE TASTIC- DFTA- Registered participants only**

TUESDAYS- 2PM

MEETING ID: 765 648 3055 PASSCODE: chscc

**TODAYS BASIC TECHNOLOGY WITH WALIYAYA**

CREATIVE CLOUD- WEDS. & FRI 10AM-12PM

HOW TO OPTIONS... WITH TECHNOLOGY -WEDS. & FRI -1PM-3PM

MEETING ID: 563 883 0046 PASSCODE: 967503

**TAI-CHI WITH MS. KAY- KISHEE WALKER**

WEDNESDAYS -11:30AM

MEETING ID: 765 648 3055 PASSCODE: chscc

**HEALTH AND WELLNES FORUM W/ DERRICK (NEW)**

WEDNESDAYS -1PM

MEETING ID: 779 166 2541 PASSCODE: golden1

**CHAIR EXERCISE W/ DERRICK**

THURSDAYS- 1PM

MEETING ID: 779 166 2541 PASSCODE: golden1

**STREETCHING W/ TOMMY MICKENS (NEW)**

FRIDAYS - 11AM-12PM

MEETING ID: 765 648 3055 PASSCODE: chscc

**IN-TUNES-MUSIC EXPERIENCE- Maor Cohen**

TUESDAY-APRIL 6<sup>TH</sup>. 11:30-12:30PM

MEETING ID: 765 648 3055 PASSCODE: chscc

**FUNDED BY THE DEPARTMENT FOR THE AGING**



**CENTRAL HARLEM SENIOR CITIZENS CENTER  
BEATRICE LEWIS SENIOR CENTER  
VIRTUAL CLASSES FOR APRIL 2021**

***IN-TUNES-MUSIC EXPERIENCE- Maor Cohen***  
**TUESDAY-APRIL 6<sup>TH</sup>. 11:30-12:30PM**  
**MEETING ID: 765 648 3055 PASSCODE: chscc**

***POISON CONTROL WORKSHOP (webinar)***  
**APRIL 6<sup>TH</sup>. -1-2PM**

**<https://nycdohmh.webex.com/nycdohmh/j.php?MTID=mb94399f373811fd35aef6c9114a6d9>**

***OATS COMPUTER CLASSES BEGINS TUESDAY APRIL 13<sup>TH</sup>.(NEW)***  
**TUESDAYS-10:30-11:30**  
APRIL 13<sup>TH</sup>- ALL THINGS ZOOM  
APRIL 20<sup>TH</sup>. STREAMING AND SMART TV  
APRIL 27<sup>TH</sup>. PROTECTING YOUR OWN PERSONAL INFORMATION

**THURSDAYS- 10:30-11:30**  
APRIL 15<sup>TH</sup>. – FINDING INFORMATION ON LINE  
APRIL 22 – YOUTUBE  
APRIL 29<sup>TH</sup>. STAYING SAFE ONLINE  
**FRIDAY- APRIL 30<sup>TH</sup>. 10:30-11:30**  
MOBILE HEALTH APPS  
**MEETING ID: 765 648 3055 PASSCODE: chscc**

***FALL PREVENTION –TOMMY MICKENS(NEW)***  
WEDNESDAY- APRIL 14<sup>TH</sup>. -2-3PM  
**MEETING ID: 765 648 3055 PASSCODE: chscc**

***ALLERGIES WORKSHOP- NANCY SIMMONS***  
FRIDAY- APRIL 16<sup>TH</sup>. 2-3PM  
**MEETING ID: 765 648 3055 PASSCODE: chscc**

***SING FOR YOUR SENIORS***  
**TUESDAY- APRIL 20<sup>TH</sup>. - 2PM**  
**MEETING ID: 392 450 0931 PASSCODE: SFYS (all capital letters)**

**FUNDED BY THE DEPARTMENT FOR THE AGING**



**CENTRAL HARLEM SENIOR CITIZENS CENTER  
BEATRICE LEWIS SENIOR CENTER  
VIRTUAL CLASSES FOR APRIL 2021**

***COVID 19 UPDATE-DFTA***  
THURSDAY – APRIL 22<sup>ND</sup>. 1PM  
**MEETING ID: 765 648 3055 PASSCODE: chscc**

***PRSESTIGE MUSICAL- HOUSE PARTY-MERCEDES CHEN***  
THURSDAY- APRIL 22 - 1-3PM  
**MEETING ID:871 0022 6912-PASSCODE: 998467**

***HYPERTENSION- NANCY SIMMONS***  
WEDNESDAY-APRIL 28<sup>TH</sup>. 2PM  
**MEETING ID: 765 648 3055 PASSCODE: chscc**

***HEALTHY COOKING WITH “DONALD”***  
THURSDAY – APRIL 29<sup>TH</sup>. - 1PM  
**MEETING ID: 765 648 3055 PASSCODE: chscc**

***LINE DANCING /TOMMY MICKENS(NEW)***  
FRIDAY-APRIL 30<sup>TH</sup>. 2-3PM  
**MEETING ID: 765 648 3055 PASSCODE: chscc**

***SENIORPLANET.ORG***-Online Health Resources, Stretch classes,  
Work/ Entrepreneurship Movie Club, Tai Chi and more  
***NYRRSTIDERS-*** <https://www.nyrr.org/Run/Striders>

**FUNDED BY THE DEPARTMENT FOR THE AGING**



Staying **connected** and  
**continuing** our momentum  
 during COVID-19



# **CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. –**

## **ST. NICHOLAS HOUSES- April 2021**

### **Weekly Classes**

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode</u>
<u>Monday</u> <u>12:30pm</u>	<u>Senior Boot</u> <u>Camp</u>	<u>St. Nicholas</u>	<u>Tommy</u>	<u>95529741467</u>	<u>chsc</u>
<u>Tuesday</u> <u>12:30pm</u>	<u>Fitness</u>	<u>St. Nicholas</u>	<u>Tommy</u>	<u>97124229071</u>	<u>chsc</u>
<u>TUESDAY</u> <u>1:30pm – 3:30pm</u>	<u>Computer</u>	<u>St. Nicholas</u>	<u>Maurice</u>	<u>94147034525</u>	<u>chsc</u>
<u>Wednesday</u> <u>April 14<sup>th</sup> @ 1pm</u>	<u>Nutrition</u>	<u>St. Nicholas</u>	<u>Tamar</u>	<u>92947316758</u>	<u>chsc</u>
<u>WEDNESDAY</u> <u>2:30pm – 3:30pm</u>	<u>Arts &amp;</u> <u>Crafts</u>	<u>St. Nicholas</u>	<u>Michelle</u>	<u>95343058880</u>	<u>chsc</u>
<u>Thursday/2:30pm</u>	<u>Line</u> <u>Dancing</u>	<u>St. Nicholas</u>	<u>LaVern</u>	<u>99142016385</u>	<u>chsc</u>
<u>Friday/10am</u>	<u>Tommy</u> <u>Experience</u>	<u>St. Nicholas</u>	<u>Tommy</u>	<u>97223763639</u>	<u>chsc</u>

<u>Friday/12:30pm</u>	<u>Meditation</u>	<u>St. Nicholas</u>	<u>Myna</u>	<u>99753963309</u>	<u>chsc</u>
<u>Monday,</u> <u>April 5<sup>th</sup> /2pm</u>	<u>Heathy</u> <u>Eating</u>	<u>April</u> <u>Presentations</u> <u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>
<u>Wednesday,</u> <u>April 7<sup>th</sup>/2pm</u>	<u>Tai Chi</u>	<u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>
<u>Thursday,</u> <u>April 8<sup>th</sup>/1pm</u>	<u>Yoga</u>	<u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>
<u>Tuesday,</u> <u>April13th/2pm</u>	<u>Arthritis</u> <u>Presentation</u>	<u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>
<u>Thursday,</u> <u>April 15<sup>th</sup>/1pm</u>	<u>Diabetes</u> <u>Presentation</u>	<u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>
<u>Friday</u> <u>April 16<sup>th</sup>/12pm</u>	<u>Healthy</u> <u>Heart</u> <u>Presentation</u>	<u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>
<u>Monday</u> <u>April 19<sup>th</sup>/2pm</u>	<u>Dementia</u> <u>Presentation</u>	<u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>
<u>Wednesday</u> <u>April 21st/2pm</u>	<u>Falls</u> <u>Prevention</u> <u>Presentation</u>	<u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>
<u>Friday</u> <u>April 23<sup>rd</sup>/12pm</u>	<u>Self Defense</u>	<u>St. Nicholas</u>	<u>The</u> <u>Tommy</u> <u>Experience</u>	<u>3657948479</u>	<u>chsc</u>



# CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Staying connected and continuing our momentum during COVID-19



## April 2021 Virtual Classes - Central Harlem (Kennedy)

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode</u>
<b>Monday</b> <b>12:00pm-1:00pm</b>	<b><u>Understanding Technology</u></b>	<b><u>Central Harlem</u></b>	<b><u>Maurice</u></b>	<b><u>92031960069</u></b>	<b><u>chsc</u></b>
<b>Monday 4/12</b> <b>1:00pm-2:00pm</b>	<b><u>Nutrition</u></b>	<b><u>Central Harlem</u></b>	<b><u>Tamar</u></b>	<b><u>91389176348</u></b>	<b><u>chsc</u></b>
<b>Monday</b> <b>2:00pm-3:00pm</b>	<b><u>Spanish Class</u></b>	<b><u>Central Harlem</u></b>	<b><u>Lynn</u></b>	<b><u>95707623638</u></b>	<b><u>chsc</u></b>
<b>Tuesday</b> <b>10:30am-11:30am</b>	<b><u>Understanding Technology</u></b>	<b><u>Central Harlem</u></b>	<b><u>Maurice</u></b>	<b><u>96294150034</u></b>	<b><u>chsc</u></b>
<b>Tuesday</b> <b>12:00pm-1:00pm</b>	<b><u>Staywell</u></b>	<b><u>Central Harlem</u></b>	<b><u>Myna</u></b>	<b><u>94497791386</u></b>	<b><u>chsc</u></b>
<b>Thursday</b> <b>9:30am-11:30am</b>	<b><u>Beyond the Pain</u></b>	<b><u>Central Harlem</u></b>	<b><u>Sonia</u></b>	<b><u>97407225813</u></b>	<b><u>chsc</u></b>
<b>Thursday</b> <b>11:30am-12:30pm</b>	<b><u>Tai Chi</u></b>	<b><u>Central Harlem</u></b>	<b><u>Myna</u></b>	<b><u>94582403454</u></b>	<b><u>chsc</u></b>
<b>Thursday</b> <b>12:30pm-1:30pm</b>	<b><u>Meditation/Yoga</u></b>	<b><u>Central Harlem</u></b>	<b><u>Myna</u></b>	<b><u>95753324942</u></b>	<b><u>chsc</u></b>
<b>Friday</b> <b>11:30am-12:30pm</b>	<b><u>Zumba</u></b>	<b><u>Central Harlem</u></b>	<b><u>Myna</u></b>	<b><u>99851241201</u></b>	<b><u>chsc</u></b>
<b>Friday</b> <b>1:30pm-3:30pm</b>	<b><u>Line Dancing</u></b>	<b><u>Central Harlem</u></b>	<b><u>LaVern</u></b>	<b><u>94913692798</u></b>	<b><u>chsc</u></b>

\*Nutrition Workshop topic: **Nutrition Myths Debunked**

Zoom Dial In #: 1 646 558 8656 (you must use the meeting ID and the Passcode after dialing in)



## **CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**



### **April 2021 Virtual Classes Lincoln Senior Center**

<u>Day /Time</u>	<u>Activity</u>	<u>Center</u>	<u>Instructor</u>	<u>Meeting ID</u>	<u>Passcode</u>
<b>Monday</b> <b>1:30pm-2:30pm</b>	<b><u>Understanding Technology</u></b>	<b><u>Lincoln</u></b>	<b><u>Maurice</u></b>	<b><u>94602064756</u></b>	<b><u>chsc</u></b>
<b>Monday</b> <b>12:00pm-1:00pm</b>	<b><u>Staywell</u></b>	<b><u>Lincoln</u></b>	<b><u>Myna</u></b>	<b><u>95303702191</u></b>	<b><u>chsc</u></b>
<b>Friday</b> <b>11:30am-12:30pm</b>	<b><u>Understanding Technology</u></b>	<b><u>Lincoln</u></b>	<b><u>Maurice</u></b>	<b><u>97553671668</u></b>	<b><u>chsc</u></b>
<b>Friday 4/16</b> <b>1:00pm-2:00pm</b>	<b><u>Nutrition</u></b>	<b><u>Lincoln</u></b>	<b><u>Tamar</u></b>	<b><u>93520982609</u></b>	<b><u>chsc</u></b>

\*Nutrition Workshop topic: **Nutrition Myths Debunked**

**Zoom Dial In #: 1 646 558 8656 (you must use the meeting ID and the Passcode after dialing in)**

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC**

**LIST OF HOLIDAYS FOR 2021**

**DAYS CENTER CLOSED**

MONDAY, MAY 31<sup>ST</sup> – MEMORIAL DAY

JULY 4<sup>TH</sup> – INDEPENDENCE DAY (OBSERVED)

MONDAY, SEPTEMBER 6<sup>TH</sup> – LABOR DAY

MONDAY, OCTOBER 11<sup>TH</sup> – COLUMBUS DAY

THURSDAY, NOVEMBER 25<sup>TH</sup> & FRIDAY, NOVEMBER 26<sup>TH</sup> –  
THANKSGIVING DAY

FRIDAY, DECEMBER 24<sup>TH</sup> – CHRISTMAS DAY (OBSERVED)

**Must be 60yrs or older to join**

**All Centers are closed during the Covid-19 Pandemic**

**For information, please call**

**212-926-4871**