

SPECIAL PROGRAMS + EVENTS!

ARTS & EDUCATION

Presentation: Year of the Tiger
Wednesday 2/2, 12:30-1:30pm

with Enjiu on Zoom

Learn about the Year of the Tiger and go on a virtual tour of the most charming cities in China. You will experience the traditions and stories behind Chinese festivals, and learn and practice a few Chinese words. Share your own traditions and join us to ring in the New Year!

Cross-Cultural Discussion: Lunar Practices
Tuesday 2/8, 1:00-2:00 pm
Center Dining Room

Facilitated by Rose and Genevieve, we will discuss how lunar cycles are celebrated across cultures. Learn more about one another and share how you honor our moon.

Sharing Experiences about Black Heritage with April Dinwoodie
Friday 2/18, 2:30-3:30pm

with guest speaker on Zoom

Nationally recognized thought leader and transracially-adopted person, April Dinwoodie, will candidly share her adoption experience and how it has opened up many lessons of navigating differences of race, culture, and class. This talk will be followed by a Q and A.

TECHNOLOGY EDUCATION

The Technology Education Program will offer three classes via Zoom through the end of March: **Internet Security & Privacy, Today in Tech Workshop Series**, and **iPhone/iPad Skills**. We are also welcoming a guest instructor from **Teens Teach Technology** to guide members through three essential Google services Tuesdays at 5pm Feb 1 – Feb 15: Google Drive, Google Calendar & Meet, and Google Photos. Please note that two **in-person Tech classes** will be offered starting the third week of February.

For more class details and dates or to schedule a **1-on-1 Tech Help** session, contact us at 212-218-0477 or adulthood@lenoxhill.org.

In-Person Calligraphy Activity
Friday 2/18, 11am-12pm
Center Dining Room

Learn Chinese calligraphy with Enjiu in the Center Dining Room. You don't have to be a calligrapher! Come on, let's share the joy of writing calligraphy together.

HEALTH & WELLNESS

Lunar Salutation with Amanda

Wednesday 2/9, 11am-12pm (All Levels)

Thursday 2/24, 11am-12pm (Chair Yoga)

with Amanda on Zoom

Join Amanda for a Lunar Yoga event in celebration of the Chinese New Year, the year of the Tiger. Together we will perform moon salutations for relaxation and rejuvenation, and practice poses to welcome the power of the tiger.

GENERAL MEMBERSHIP MEETING & SOCIAL HOUR

General Membership Meeting
Monday 2/14, 4-5pm

with Center staff on Zoom

Join us on the Second Monday of each month for a staff-facilitated General Membership Meeting. We will discuss remote programs and available social services, provide updates about reopening guidance, and allot time to connect with each other. Open to all Members via phone or Zoom!

Senior Center Social Hour
Monday 2/28, 4-5pm

with Center staff on Zoom

On the Fourth Monday of each month, tune in for a Senior Center Social Hour. Connect with other members, hear community news, and share stories and opinions. We hope to see you there!



THE CENTER @ LENOX HILL NEIGHBORHOOD HOUSE SENIOR CENTER AT SAINT PETER'S CHURCH

FEBRUARY 2022 NEWSLETTER

To our Members:

The Center @ Lenox Hill Neighborhood House and the Senior Center at Saint Peter's Church are now both open in a limited capacity! The Center @ Lenox Hill Neighborhood House is currently open Monday-Friday, 9am-4pm. Grab-and-Go meals are available daily, 12-1:30pm, and in-person activities will resume as of Monday, February 7. Please call **212-218-0319** for more details.

The Senior Center at Saint Peter's Church is currently open one day a week, Wednesdays, 9am-3pm. Members can make individual appointments for new memberships, information about programs and services, social services assistance, or technology help. Grab-and-Go meals are available 12-12:30pm. Please call **212-308-1959** for more details.

All Members and Staff at both sites are required to complete a health screening upon entering the building, wear a mask or face covering while present, and maintain social distance. As soon as we are able to increase capacity at either or both sites, we will reach out with more information.

COVID-19 Vaccines: All New Yorkers over 18 years old are eligible for a COVID-19 vaccination and booster shot. You can make an at-home vaccination appointment or find a walk-in site by calling 1-877-829-4692. A list of vaccination sites is available online at <https://vaccinefinder.nyc.gov/>.

SOCIAL SERVICE APPOINTMENTS

Are you experiencing any challenges, feeling down, anxious, or overwhelmed? If you would like a space to discuss your thoughts and feelings and receive emotional support, please contact Social Services to request Individual Supportive Counseling. The social services team can also help with services and benefits for older adults:

- Healthcare: Medicaid and Medicare applications
- Housing: Eviction Prevention, Housing Applications, SCRIE, and more
- Benefits: SNAP, HEAP, Access-A-Ride, Lifeline, EPIC, and more

If you need assistance, call our social service line at **212-218-0569**, leave a message, and a Social Services team member will get back to you to schedule a telephone appointment.

GENERAL INFORMATION

- For reopening updates, in-person class information, and the following day's menu, please call our recorded phone lines, **212-218-0319** or **212-308-1959**, or check our website at lenoxhill.org.
- For information on remote or in-person programs, please call Linda Kuriloff at **212-218-0302** or Genevieve DeLeon at **212-218-0318** and leave your name, number, and a brief message.

STAFF

Rose Ginsberg, *Director*
Ariana Elezaj, *Deputy Director*
Amanda Adamczyk, *Health and Wellness Assistant*
Alexis Davis, *Assistant Director of Social Services*
Genevieve DeLeon, *Arts and Education Assistant*
Audrey Faison, *Program Assistant*
Phillip Goldman, *Social Worker*
Linda Kuriloff, *Assistant Director*
Ana Quinones, *Program Assistant*
Quiling Ren, *Mental Health Counseling Intern*
Enjiu Yibulayi, *Program Assistant*
Carolyn Zhong, *Assistant Director*

FEBRUARY 2022 REMOTE CLASS CALENDAR

Please Note: To join any Zoom class by phone, call **646-558-8656** and enter the Meeting ID.

MONDAY

10:00-10:45 (NO CLASS 2/21)
Senior Fit Online (All Levels)
 with Don on Zoom

11:00-12:30 (NO CLASS 2/14, 2/21)
Photography and Wellness
 with Jamie on Zoom

1:00-2:00 (NO CLASS 2/21)
Open Art Studio
 with Jenard and Musah on Zoom

1:00-1:30 (NO CLASS 2/21)
Weekly Drawing Techniques Assignment
 By email: jhopkins@lenoxhill.org

1:00-1:45 (NO CLASS 2/21)
Shape-Up NYC Dance Fitness
 with Char on Zoom

1:00-2:00 (NO CLASS 2/21)
English Conversation Group
 with Allison on Zoom

2:00-3:00
Stretch & Floor Exercise
 with Miki on Zoom

4:00-5:00 (RETURNING, NO CLASS 2/21)
Creative Writing Workshop with Samira
 with Samira on Zoom

4:00-6:00 (NO CLASS 2/21)
Opera Appreciation
 with Simón on Zoom
 *1st, 3rd, and 5th Mon of each month ONLY
 See class emails for connection info

TUESDAY

10:00-10:45
Senior Fit Online (All Levels)
 with Don on Zoom

10:00-11:00
Chinese Language and Culture for Beginners
 with Jennifer on Zoom

11:00-12:15
Acting Improv (Group A)
 with Kerri on Zoom

11:00-12:00
Tech Class: Security and Privacy
 with Sara on Zoom

12:00-1:15
Write Your Heart Out: Writing Workshop
 with Bonnie on Zoom

12:45-1:45
Dancercise
 with Hannah on Zoom

1:00-2:00
Creating Portraits with Musah
 with Musah on Zoom

2:00-3:00
Zumba
 with Miki on Zoom

2:00-3:00
Iyengar Yoga
 with Jennifer on Zoom

2:15-3:45
Art Therapy Through Mixed Media
 with Elizabeth on Zoom

2:30-3:30
Breaking Into Commercial Acting
 with Linda on Zoom

5:00-6:00 (NEW, ENDS 2/15)
Teens Teach Technology: Google Applications
 with Teens Teach Technology on Zoom

WEDNESDAY

10:00-10:45
Senior Fit Online (Advanced)
 with Don on Zoom

11:00-12:00
Tech Class: Today in Tech Workshop Series
 with Sara on Zoom

11:00-12:15 (NO CLASS 2/16)
Acting – Section A
 with Kerri on Zoom

1:00-2:00
Visual Art Class
 with Musah on Zoom

1:00-2:15
Ballet
 with Hannah on Zoom

2:00-3:00
Basic Exercise
 with Miki on Zoom

2:00-3:00
English Speaking and Pronunciation
 with Allison on Zoom

4:00-6:00
Opera Appreciation
 with Simón on Zoom
 *1st, 3rd, and 5th Weds of each month ONLY
 See class emails for connection info

THURSDAY

10:00-11:00
ESOL Writing Class
 with Allison on Zoom
 *Preregistration required
 Email ahorwitz@lenoxhill.org

11:00-12:15 (NO CLASS 1/20)
Acting – Section B
 with Kerri on Zoom

11:00-12:00
Musical Theater Appreciation
 with Kelsey on Zoom

11:00-12:00
Tech Class: iPhone/iPad Skills
 with Sara on Zoom

12:00-2:00
Intermediate French (St. Peter's)
 with Renate on Zoom
 *Preregistration closed

1:00-2:15
Beginning Tap Dance
 with Hannah on Zoom

1:00-2:00
Singin' Seniors
 with Deborah on Zoom

1:00-2:00
Body Toning
 with Tobi on Zoom

1:30-3:00
Wellness in Art
 with Eliana on Zoom

2:00-3:00
Drumstick Fitness
 with Miki on Zoom

3:00-4:00 (NEW)
Greatest New Yorkers
 with Ana on Zoom

FRIDAY

10:00-11:00
Intermediate French (Center)
 with Dean on Zoom
 *Preregistration closed

10:30-11:45
Simonson Technique
 with Hannah on Zoom

10:45-11:45
Beginner English for Chinese Speakers
 with Carolyn on Zoom
 *Preregistration required
 Email czhong@lenoxhill.org

11:00-12:15
Acting Improv (Group B)
 with Kerri on Zoom

12:00-1:00
"What's on Your Mind?" with Ariana
 with Ariana on Zoom

1:00-2:00
Music Appreciation
 with Kelsey on Zoom

1:00-1:30
Artistic Interpretation
 By email: jhopkins@lenoxhill.org

2:00-3:00
Growth and Healing in Challenging Times
 with Phillip on Zoom
 *Preregistration Closed

2:00-3:00
Basic Exercise
 with Miki on Zoom

2:00-3:30
Art Therapy: Stress Management through Creativity
 with Katie on Zoom

3:30-4:30
Script Analysis
 with Rose on Zoom

FEBRUARY 2022 IN-PERSON CLASS CALENDAR

MONDAY

10:00-12:00 (STARTS 2/7, NO CLASS 2/21)
Road to the Runway: Fashion
Garden Room

1:30-3:30 (STARTS 2/7, NO SESSIONS 2/21)
One-on-One Tech Help
Dining Room
*By appointment only

2:00-3:00 (STARTS 2/7, NO CLASS 2/21)
Body Awareness/Learning Balance
Garden Room

2:15-3:45 (NOW IN-PERSON, NO CLASS 2/21)
Project Give-Back
Sun Room

TUESDAY

1:30-3:00 (STARTS 2/15)
Tech Class: iPhone for Beginners
Sun Room
*Preregistration required
Call 212-218-0477 or email adulted@lenoxhill.org

1:30-3:30 (STARTS 2/8)
One-on-One Tech Help
Dining Room
*By appointment only

WEDNESDAY

10:00-11:00 (STARTS 2/23)
Sociably Healthy
Sun Room

11:00-12:00 (STARTS 2/9)
Tai Chi in Chinese with Fans
Garden Room

1:00-3:00 (STARTS 2/9)
One-on-One Tech Help
Dining Room
*By appointment only

2:00-3:45 (STARTS 2/9)
Movie Matinee
Sun Room
2/9: *The Best of Enemies* (2015)
2/16: *Something Borrowed* (2011)
2/23: *Cadillac Records* (2008)

THURSDAY

9:45-11:45 (RETURNING, STARTS 2/10)
Multicultural Chorus
Garden Room

12:30-1:30 (NOW IN-PERSON)
Low-Vision Support Group
Garden Room
*Third Thurs of each month ONLY

2:00-3:30 (STARTS 2/10)
Knitting Group
Garden Room

FRIDAY

10:30-12:00 (NEW, STARTS 2/11)
Chinese Folk Dance in Chinese
Sun Room

2:15-3:45 (STARTS 2/18)
Tech Class: Android for Beginners
Garden Room
*Preregistration required
Call 212-218-0477 or email adulted@lenoxhill.org

GRAB-AND-GO MEALS

Center @ Lenox Hill Neighborhood House: Monday-Friday, 12-1:30pm
Senior Center at Saint Peter's Church: Wednesdays 12-12:30pm

Grab-and-Go meals are currently available at the Center Mon-Fri, 12-1:30pm, as well as at the Senior Center at Saint Peter's Church every Wednesday, 12-12:30pm. Meals are chilled and come with reheating instructions. See the February Menu for details.

NEW & RETURNING CLASSES!

Project Give-Back
Mondays, 2:15-3:45pm, Center Sun Room

Facilitated by candidates Katie and Fabiola in Columbia University's Occupational Therapy Program, this 10-session course offers members the chance to participate in community outreach activities encompassing social participation, empowerment, and creativity. Join this course to work toward community well-being!

Creative Writing Workshop with Samira
Mondays, 4-5pm

with Samira on Zoom

The Creative Writing Workshop with Samira is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature. This activity is made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with Aroha Philanthropies and supported by Lifetime Arts.

Sociably Healthy
Wednesdays, 10-11am, Center Sun Room

Facilitated by Daniel in SUNY Downstate's Occupational Therapy Program, these 7 sessions will focus on

health and wellness through group exercise and games! There are also educational tips and tricks on joint protection, pain management, fall prevention, and more!

Multicultural Chorus
Thursdays, 9:45-11:45am, Center Garden Room

Facilitated by Center member Jin, learn to sing traditional Chinese songs as well as English songs.

Greatest New Yorkers
Thursday, 3-4pm

with Ana on Zoom

This class will discuss some of the most influential and famous New Yorkers who have shaped and impacted New York City and fellow New Yorkers.

Chinese Folk Dance in Chinese
Fridays, 10:30am-12pm, Center Sun Room

Chinese dance gives older adult friends physical and mental health exercise through cheerful music and easy dance steps. The group participates in performances during festivals and celebrations to increase the festive atmosphere and enhance the confidence of older adult friends.