To our Senior Center Members:

We hope you’re doing well! It’s been a privilege to be a resource for you during the pandemic, whether helping you access services, join remote classes, or just keep in touch.

As of June 14, 2021, the Center @ Lenox Hill Neighborhood House has reopened in a limited capacity! Our current hours are Monday through Friday, 9am-4pm. All Members and Staff are required to complete a health screening upon entering the Center, wear a mask or face covering, and maintain social distance. Grab-and-Go meals are available daily from 12-2pm. In-person classes have also begun and are listed on the third page of this document. The Social Services team at Saint Peter’s Church unfortunately remains closed until further notice. COVID-19 Vaccines: All NYers over 12 years old are now eligible for a COVID-19 Vaccination. You can make a vaccination appointment by calling 1-877-829-4692 or online at https://vaccinefinder.nyc.gov/. Many locations are now offering walk-in vaccinations; you can find a list of those sites here.

Social Service Appointments

Are you experiencing any challenges, feeling down, anxious, or overwhelmed? If you would like 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, Acess-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, please call our recorded phone lines, 212-308-1959 or 212-308-1959, or check our website at www.lenoxhill.org.

For information on remote programs, please call Linda Kurlloff at 212-218-0302 and leave your name, number, and a brief message.

For other questions, please call Rose Ginsberg at 212-218-0569, leave your name, number, and a brief message.

Staff

Rose Ginsberg, Director
Ariana Elezaj, Deputy Director
Audrey Faison, Senior Center Program Assistant
Phillip Goldman, Social Worker
Linda Kurlloff, Assistant Director, Senior Center Programs
Ana Quinones, Senior Center Program Assistant
Tiffany Scott-House, Assistant Director of Social Services
Carolyn Zhong, Assistant Director, Senior Center Programs

Arts & Education

NEW: Breaking Into Commercial Acting Tuesdays 2:30-3:30pm (starts 9/7)

with Linda on Zoom

In this 8-week series, Members will read commercial copy and learn how to set up a home studio space to self-tape and submit yourself for commercial auditions without an agent.

Rosh Hashanah Celebration

Wednesday 9/8, 3-4pm

with Rose on Zoom

Join Director Rose Ginsberg for a virtual celebration of Rosh Hashanah, the Jewish New Year! If you like, bring a sweet treat to enjoy.

Vocal Ease Music Video Extravaganza

Monday 9/13, 3-4pm

with Eva and Performers on Zoom

Tune in for a fun, creative, and inspiring music video show featuring American Standards and other classic songs, presented by a professional cast of Vocal Ease performers. The event will include some time for audience interaction.

New Technology Classes

Zoom for Beginners: Learn the basics of using Zoom to participate in remote classes. Wednesdays for 3 weeks starting 9/13, 10-11am.

Internet Safety with Teens Teach Technology: A 3-week class covering avoiding viruses on the internet, scam emails, and using ad blockers. Teens Teach Technology is a nationwide group bridging the generational gap and empowering older adults by teaching technology. Tuesdays starting 9/14, 6-7pm.

1-on-1 Tech Help is available in person or by Zoom or phone. Contact 212-218-0477 or adulttec@lenoxhill.org to schedule a Tech Help session or with questions about classes.

Special Programs + Online Events!

Health & Wellness

Grab-and-Go Meals Are Available!
Center @ Lenox Hill Neighborhood House Monday-Friday, 12-2pm

Grab-and-Go meals are currently available at the Center Monday through Friday, 12-2pm. Meals are chilled and come with reheating instructions. See the September Menu for details.

Low Vision Support Group

Monday 9/27, 2:30-3:30pm

Center Sun Room

Our Low Vision Support Group has returned to in-person meetings at the Center! If you or a loved one is living with low vision, or has questions about resources for people with low vision, this monthly group is for you.

Falls Prevention Day with Columbia Occupational Therapy Students

Thursday 9/30, 11am

Center Garden Room

For Falls Prevention Day, students from the Columbia University Occupational Therapy Program will share a presentation on different strategies to prevent falls, followed by individual screenings and consultations with members.

General Membership Meeting & Social Hour

General Membership Meeting

Monday 9/13, 4-5pm

with Senior 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 allow time to connect with each other. Open to all Members via phone or Zoom!

Senior Center Social Hour

Monday 9/27, 4-5pm

with Senior Center Staff on Zoom

Funded in part by the New York City Department for the Aging and private support and contributions.
### September 2021 Remote Class Calendar

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
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</table>
| **10:00-10:45**  
Senior Fit Online (All Levels)  
with Don on Zoom | **10:00-10:45**  
Senior Fit Online (All Levels)  
with Don on Zoom | **10:00-10:45**  
Senior Fit Online (Advanced)  
with Don on Zoom | **11:00-12:00**  
(NEW CLASS 9/2)  
Tech Class: File Management for Windows  
with Sara on Zoom | **10:45-11:45**  
English for Beginners (Chinese speakers only)  
with Carolyn on Zoom  
*Preregistration Required* |
| **10:00-11:00**  
Tech Class: Transportation Apps  
with Dawn on Zoom | **10:00-11:00**  
(NEW)  
Tech Class: City Resource Apps  
with Dawn on Zoom | **10:00-11:00**  
(NEW, STARTS 9/13)  
Tech Class: Zoom for Beginners  
with Dawn on Zoom | **11:00-12:15**  
(NEW TIME, STARTS 9/9)  
Acting - Section B  
with Kerri on Zoom | **11:00-12:00**  
(NEW CLASS 9/3)  
Tech Skills for iPhone/iPad  
with Sara on Zoom |
| **11:00-12:00**  
Awakening Body Consciousness Through Tai Chi & Qigong & Alexander Technique  
with Patty on Zoom | **12:00-1:15**  
(NEW CLASS 9/21, 9/28)  
Write Your Heart Out: Writing Workshop  
with Bonnie on Zoom | **11:00-12:00**  
(LAST CLASS 9/1)  
Tech Skills for Mobile  
with Sara on Zoom | **1:00-2:00**  
Body Toning  
with Tobi on Zoom | **11:00-12:15**  
(NEW, STARTS 9/10)  
Acting Improv (Group B)  
with Kerri on Zoom |
| **11:00-12:30**  
Photography and Wellness  
with Jamie on Zoom | **1:00-2:00**  
(NEW)  
Creating Portraits with Musah  
with Musah on Zoom | **11:00-12:15**  
(NEW TIME, STARTS 9/8)  
Acting – Section A  
with Kerri on Zoom | **1:00-1:45**  
(RETURNING)  
Beginning Tap Dance  
with Hannah on Zoom | **12:00-1:00**  
“What’s on Your Mind?” with Ariana  
with Ariana on Zoom |
| **1:00-1:30**  
(NEW TIME, NO CLASS 9/6)  
Weekly Drawing Techniques Assignment  
with Jenard via Email | **2:00-3:00**  
Zumba  
with Miki on Zoom | **1:00-2:00**  
(NEW)  
Visual Art Class  
with Musah on Zoom | **1:45-2:45**  
(RETURNING)  
Intermediate Tap Dance  
with Hannah on Zoom | **1:00-1:30**  
(NEW TIME, STARTS 9/10)  
Artistic Interpretation  
with Jenard via Email |
| **2:00-3:00**  
Stretch & Floor Exercise  
with Miki on Zoom | **2:00-3:00**  
Iyengar Yoga  
with Jennifer on Zoom | **2:00-3:00**  
Basic Exercise  
with Miki on Zoom | **2:00-3:00**  
Drum Stick Exercise  
with Miki on Zoom | **1:00-2:00**  
English Conversation Group  
with Allison on Zoom |
| **4:00-6:00**  
(NO CLASS 9/6)  
Opera Appreciation  
with Simon on Zoom  
*1st, 3rd, and 5th Mon of each month ONLY | **2:30-3:30**  
(STARTS 9/7)  
Breaking Into Commercial Acting  
with Linda on Zoom | **4:00-6:00**  
Opera Appreciation  
with Simon on Zoom  
*1st, 3rd, and 5th Mon of each month ONLY | **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 |
| **6:00-7:00**  
(NO CLASS 9/14)  
Internet Safety with Teens Teach Technology  
with Teens Teach Technology on Zoom | **6:00-7:00**  
(NO CLASS 9/14)  
Internet Safety with Teens Teach Technology  
with Teens Teach Technology on Zoom | **3:30-4:30**  
Script Analysis  
with Rose on Zoom | **3:30-4:30**  
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**Please Note:** To join any Zoom class by phone, call **646-558-8656** and enter the Meeting ID.
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<tr>
<td>Road to the Runway: Fashion</td>
<td>Open Art Studio</td>
<td>Artistic Interpretation</td>
<td>Musical Theater Appreciation</td>
<td>Simonson Technique</td>
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<td>Visual Art Lesson</td>
<td>Acting Improv (Group A)</td>
<td>Ballet</td>
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<td><strong>2:00-3:30</strong> Knitting Group</td>
<td><strong>2:00-3:30</strong> Wellness in Art</td>
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<td>Acting and Scene Work</td>
<td>Dancercise</td>
<td>Movie Matinee</td>
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