## Virtual Activities Calendar – August 2020

<table>
<thead>
<tr>
<th>Monday 8/3</th>
<th>Tuesday 8/4</th>
<th>Wednesday 8/5</th>
<th>Thursday 8/6</th>
<th>Friday 8/7</th>
</tr>
</thead>
</table>
| **11am** (via ZOOM) “Summer Fire Safety for Older Adults”  
MEETING ID: 845 0505 8529  
PASSWORD: 209583 | **10am** (via ZOOM) Virtual Chair Exercise  
MEETING ID: 762 662 3351  
PASSWORD: None | **11am** (via ZOOM) “Healthy Brain, Healthy Life”  
MEETING ID: 762 662 3351  
PASSWORD: None | **10am** (via ZOOM) Virtual Chair Yoga  
MEETING ID: 762 662 3351  
PASSWORD: None | **1pm** (via ZOOM) Virtual Dance Party  
MEETING ID: 843 0592 5123  
PASSWORD: 953777 |
| **2:30pm** (via ZOOM) “Explore from Shore to Shore”  
MEETING ID: 882 2696 7918  
PASSWORD: None | | **11am - 2pm** Food and Supplies Distribution | | **11am - 2pm** Food and Supplies Distribution |

<table>
<thead>
<tr>
<th>Monday 8/10</th>
<th>Tuesday 8/11</th>
<th>Wednesday 8/12</th>
<th>Thursday 8/13</th>
<th>Friday 8/14</th>
</tr>
</thead>
</table>
| **10am** (via ZOOM) Virtual Chair Exercise  
MEETING ID: 762 662 3351  
PASSWORD: None | **11am** (via ZOOM) “Healthy Brain Workouts”  
MEETING ID: 762 662 3351  
PASSWORD: None | **10am** (via ZOOM) Virtual Chair Yoga  
MEETING ID: 762 662 3351  
PASSWORD: None | **1pm** (via ZOOM) Virtual Dance Party  
MEETING ID: 843 0592 5123  
PASSWORD: 953777 | **2pm** (via ZOOM) Healthy BINGO w/ Matthew  
MEETING ID: 843 0592 5123  
PASSWORD: 953777 |
| **2:30pm** (via ZOOM) “Explore from Shore to Shore”  
MEETING ID: 882 2696 7918  
PASSWORD: None | | | | **11am - 2pm** Food and Supplies Distribution |

### COMING SOON:
- **Friday 8/21 @ 11am** Candy Jar Painting (via ZOOM)
- **Wednesday 8/26 @ 11am** Vase Painting (via ZOOM)
- **Friday 8/28 @ 10am** Wreath Making Class (via ZOOM)

**In person Case Assistance is available, by appointment only, on Wednesdays and Thursdays from 11am – 3pm.**

You can always call the center for assistance at 646-861-2077 (M-F, 9am-4pm), as all calls are forwarded to KaTrina’s cell phone.

BE SAFE and STAY HEALTHY!