




Grand Street  
SETTLEMENT

**March/Marzo 三月**  
**Grand Coalition of Seniors Virtual Classes & Activities/ Clases Virtuales & Actividades/網課線上活動表**  
**Social Services/ Servicios Sociales/**  
**Information & Referral/ Información & Referencia/ 服務資訊**  
**Registration for Getfood Home deliver meals/註冊拿菜**  
**Inscripción para Comida en su Casa**  
**For any other services or Questions, please call staff/ 有問題請播打電話**  
**Para cualquier otro servicio o Preguntas, por favor llame al personal:**  
**Doris Estevez - 646-201-4249**  
**Deysy De La Cruz - 646-201-4250**  
**Tom 葉生 - 646-201-4233**  
 我們來服務您!  
**We are here to help you!**  
**¡Estamos aquí para ayudarte!**

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
<b>1</b> Fresh Produce Food Pantry	<b>2</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 10:30 am: Computer class 電腦課 <a href="#">Click here to join</a> PW:4ehZCx 10:30 am: Chinese Calligraphy Wechat	<b>3</b> 9am- One on One Calls w/Reneida 9:30am Tai Chi Arthritis Class <a href="#">Click the link</a> 1:30 pm: Zumba w/Luis <a href="#">Click Here To Join</a> PW:1550	<b>4</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 9:30am-Tai Chi Arthritis Class <a href="#">Click the link</a> 10:30 am Senior workout 運動課 <a href="#">Click here to join</a> PW:4ehZCx	<b>5</b> 9:15 am: Tai Chi Practice太極 <a href="#">Click here for YouTube video</a> 10:30 am: English class 英文課 <a href="#">Click here to join</a> PW:4ehZCx 1:00 pm: Chinese Chorus 合唱班 <a href="#">Click here for YouTube video</a>
<b>8</b> Fresh Produce Food Pantry Chinese Karaoke 1:00pm-2:00pm <a href="#">Click here to join</a> PW:4ehZCx	<b>9</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 10:30 am: Computer class 電腦課 <a href="#">Click here to join</a> PW:4ehZCx 10:30 am: Chinese Calligraphy Wechat	<b>10</b> 9am- One on One Calls w/ Reneida 9:30am Tai Chi Arthritis Class <a href="#">Click the link</a> 1:30 pm: Zumba w/Luis <a href="#">Click Here To Join</a> PW:1550	<b>11</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 9:30am Tai Chi Arthritis Class <a href="#">Click the link</a> 10:30 am Senior workout 運動課 <a href="#">Click here to join</a> PW:4ehZCx	<b>12</b> 9:15 am: Tai Chi Practice太極 <a href="#">Click here for YouTube video</a> 10:30 am: English class 英文課 <a href="#">Click here to join</a> PW:4ehZCx
<b>15</b> Fresh Produce Food Pantry	<b>16</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 10:30 am: Computer class 電腦課 <a href="#">Click here to join</a> PW:4ehZCx 10:30 am: Chinese Calligraphy Wechat	<b>17</b> 9:30am Tai Chi Arthritis Class <a href="#">Click the link</a> 1:30 pm: Zumba w/Luis <a href="#">Click Here To Join</a> PW:1550	<b>18</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 9:30am Tai Chi Arthritis Class <a href="#">Click the link</a> 10:30 am Senior workout 運動課 <a href="#">Click here to join</a> PW:4ehZCx	<b>19</b> 9:15 am: Tai Chi Practice 太極 <a href="#">Click here for YouTube video</a> 10:30 am: English class 英文課 <a href="#">Click here to join</a> PW:4ehZCx 1:00 pm: Chinese Chorus 合唱班 <a href="#">Click here for YouTube video</a>
<b>22</b> Fresh Produce Food Pantry Chinese Karaoke 1:00pm-2:00pm <a href="#">Click here to join</a> PW:4ehZCx	<b>23</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 10:30 am: Computer class 電腦課 <a href="#">Click here to join</a> PW:4ehZCx 10:30 am: Chinese Calligraphy Wechat	<b>24</b> 9am- One on One Calls w/Reneida 9:30am Tai Chi Arthritis Class <a href="#">Click the link</a> 1:30 pm: Zumba w/Luis <a href="#">Click Here To Join</a> PW:1550	<b>25</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 9:30am Tai Chi Arthritis Class <a href="#">Click the link</a> 10:30 am Senior workout 運動課 <a href="#">Click here to join</a> PW:4ehZCx	<b>26</b> 9:15 am: Tai Chi Practice太極 <a href="#">Click here for YouTube video</a> 10:30 am: English class 英文課 <a href="#">Click here to join</a> PW:4ehZCx
<b>29</b> Fresh Produce Food Pantry	<b>30</b> 9:15 am Arts & Craft Chat Call in :646-201-4204 password:6462014 10:30 am: Computer class 電腦課 <a href="#">Click here to join</a> PW:4ehZCx 10:30 am: Chinese Calligraphy Wechat	<b>31</b> 9am- One on One Calls w/Reneida 1:30 pm: Zumba w/Luis <a href="#">Click Here To Join</a> PW:1550		

# 3 March/ Marzo/二月 2021 Grand Street Settlement virtual special events list

	<b>Monday</b> <b>Lunes</b> <b>星期一</b>	<b>Tuesday</b> <b>Martes</b> <b>星期二</b>	<b>Wednesday</b> <b>Miércoles</b> <b>星期三</b>	<b>Thursday</b> <b>Jueves</b> <b>星期四</b>	<b>Friday</b> <b>Viernes</b> <b>星期五</b>
<b>Week 1</b>		<p>3/2  <b>12pm - Chair Yoga</b>  <a href="#">Click the link</a>                      Passcode: welcome1</p>	<p>3/3</p>	<p>3/4</p>	<p><b>3/5 Arts &amp; Craft Virtual class"</b>                      10:00am – 11:00 am  <a href="#">Click the Link</a>                      Passcode: uuj688  <b>3/5 Cooking Demo w/ Joselle</b>                      11:30-12:15pm  <a href="#">Click the Link</a>                      Passcode: uuj688  <b>3/5 Social Distancing Bingo</b>                      1:00 pm – 2:30 pm                      Call-in 646-201-4204                      Passcode:6462014#</p>
<b>Week 2</b>	<p>3/8</p>	<p>3/9  <b>12pm Chair Yoga</b>  <a href="#">Click the link</a>                      Passcode: welcome1                        1:30pm  <b>Women International Day PM Show</b>  <a href="#">Click the Link</a>                      Passcode: uuj688</p>	<p>3/10                        11am – CityTech                      Isolation Presentation  <a href="#">Click the Link</a>                      Passcode: uuj688</p>	<p>3/11</p>	<p><b>3/12 Arts &amp; Craft Virtual class"</b>                      10:00am – 11:00 am  <a href="#">Click the Link</a>                      Passcode: uuj688  <b>3/12 Cooking Demo w/ Joselle</b>                      11:30-12:15pm  <a href="#">Click the Link</a>                      Passcode: uuj688  <b>3/12 Social distancing Bingo</b>                      1:00 pm – 2:30 pm                      Call-in 646-201-4204                      Passcode:6462014#</p>
<b>Week 3</b>	<p>3/15                      1pm-3pm                      Poets &amp; Writers</p>	<p>3/16  <b>12pm Chair Yoga</b>  <a href="#">Click the link</a>                      Passcode: welcome1                      1:30pm  <b>Medicine Safety for Older Adults (English)</b>  <a href="#">Click the link</a>                      Passcode: uuj688</p>	<p>3/17</p>	<p>3/18</p>	<p><b>3/19 art and craft virtual class</b>  <b>10:00am – 11:00 am</b>  <a href="#">Click the Link</a>                      Passcode: uuj688  <b>3/19 Cooking Demo w/ Joselle</b>  <b>11:30-12:15pm</b>  <a href="#">Click the Link</a>                      Passcode: uuj688  <b>3/19 Social distancing Bingo</b>                      1:00 pm – 2:30 pm                      Call-in 646-201-4204                      Passcode:6462014#</p>
<b>Week 4</b>	<p>3/22                      11am – SPS Nurses                      Diabetes Presentation  <a href="#">Click the Link</a>                      Passcode: uuj688                        1pm-3pm                      Poets &amp; Writers</p>	<p>3/23  <b>12pm Chair Yoga</b>  <a href="#">Click the link</a>                      Passcode: welcome1</p>	<p>3/24                        11am – CityTech                      Exerise Presentation  <a href="#">Click the Link</a>                      Passcode: uuj688</p>	<p>3/25</p>	<p><b>3/26 art and craft virtual class</b>  <b>10:00am – 11:00 am</b>  <a href="#">Click the Link</a>                      Passcode: uuj688  <b>3/26 Cooking Demo w/ Joselle</b>  <b>11:30-12:15pm</b>  <a href="#">Click the Link</a>                      Passcode: uuj688  <b>3/26 Social distancing Bingo</b>                      1:00 pm – 2:30 pm                      Call-in 646-201-4204                      Passcode:6462014#</p>

# Week 5

3/29  
1pm-3pm  
Poets & Writers

3/30  
12pm Chair Yoga  
[Click the link](#)  
Passcode: welcome1

3/31